

# BREAKFAST MENU

Frankfort-Schuyler  
Jr./Sr. High School

Breakfast is Free | Menu is subject to change | For more information, contact [hdussault@oneida-boces.org](mailto:hdussault@oneida-boces.org)

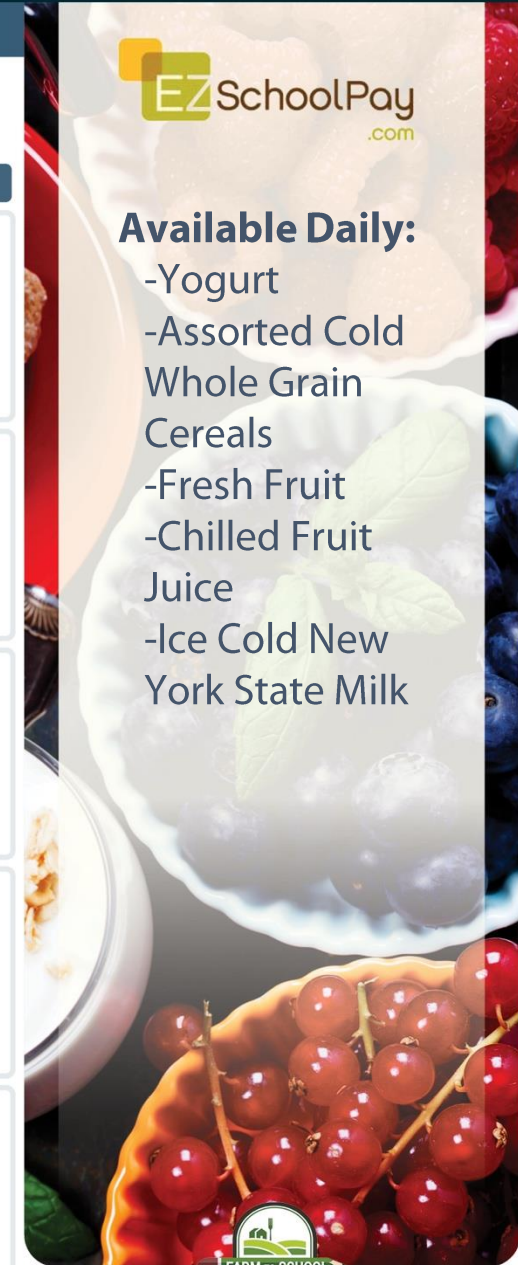
## SEPTEMBER 2024

| MONDAY                              | TUESDAY   | WEDNESDAY                  | THURSDAY   | FRIDAY  |
|-------------------------------------|---|----------------------------|--|---|
| 2<br><b>Labor Day<br/>No School</b> | 3<br><b>No<br/>School</b>   | 4<br>Apple<br>Frudel       | 5<br>Whole Grain Bagel<br>with Cream Cheese  | 6<br>Nature Valley<br>Oatmeal Round   |
| 9<br>Mini<br>Cinni                  | 10<br>Pancake<br>Sausage Stick  | 11<br>Yogurt<br>Parfait    | 12<br>Breakfast<br>Sandwich  | 13<br>Snackin'<br>Waffle  |
| 16<br>Whole Grain<br>Pancakes       | 17<br>Whole Grain Bagel<br>with Cream Cheese  | 18<br>Breakfast<br>Pizza   | 19<br>Homemade Apple<br>Cinnamon Muffin<br>& Yogurt                                  | 20<br>Pancake<br>Sausage Stick  |
| 23<br>Snackin'<br>Waffle            | 24<br>Pancake<br>Sausage Stick  | 25<br>Good Morning<br>Wrap | 26<br>Very Berry<br>Overnight Oats   | 27<br>Whole Grain Bagel<br>with Cream Cheese  |
| 30<br>Mini<br>Cinni                 |  |                            |  | Substitute and daily Food Service Staff needed in a number of area schools – Call 315.223.6068 for more information |



### Available Daily:

- Yogurt
- Assorted Cold Whole Grain Cereals
- Fresh Fruit
- Chilled Fruit Juice
- Ice Cold New York State Milk



# LUNCH MENU

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### SEPTEMBER 2024

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
| <b>Labor Day</b><br><b>No School</b> 2   | <b>No School</b> 3   | <b>Crispy Chicken Sandwich</b> 4<br>Deli Turkey Sandwich<br>Broccoli  | <b>Mozzarella Sticks with Dipping Sauce</b> 5<br>Deli Ham Sandwich<br>★ Green Beans  | <b>Pizza Party!</b> 6<br>Cheesy Cheese or Pepperoni Pizza<br>Fresh Green Salad                               |
| <b>Boneless Chicken Bites</b> 9<br>Warm Dinner Roll<br>Tuna Salad Sandwich<br>Broccoli   | <b>New!</b> <b>Nachos &amp; Queso Cilantro Lime Rice</b> 10<br>Deli Turkey Sandwich<br>★ Corn  | <b>Brunch for Lunch</b> 11<br>French Toast Sticks<br>Breakfast Sausage<br>Mixed Deli Sandwich<br>Golden Hash brown      | <b>Pasta with Marinara</b> 12<br>★ <b>Dino's Meatballs</b><br>Warm Breadstick<br>Bologna Sandwich<br>★ Maple Glazed Carrots<br>★ Miss Mila's Chocolate Chip Cookie | <b>Pizza Party!</b> 13<br>Cheesy Cheese or Garlic Pizza<br>Fresh Green Salad                                 |
| <b>Homestyle Chicken Tenders</b> 16<br><b>Plain or Garlic Parmesan</b><br>Goldfish Crackers<br>Tuna Salad Sandwich<br>Broccoli | <b>Taco Tuesday</b> 17<br>Beef Tacos<br>Lettuce, Tomato & Cheese Cup<br>Deli Turkey Sandwich<br>★ Corn   | <b>National Cheeseburger Day!</b> 18<br><b>Bacon Cheeseburger</b><br>Deli Ham Sandwich<br>★ Roasted Tumeric Cauliflower | <b>Mozzarella Sticks with Dipping Sauce</b> 19<br>Mixed Deli Sandwich<br>★ Fresh Corn on the Cob<br>★ Grape Slushie  | <b>Pizza Party!</b> 20<br>Cheesy Cheese or Chicken, Bacon & Ranch Pizza<br>Fresh Green Salad                 |
| <b>Crispy Chicken or Chicken Parm Sandwich</b> 23<br>Tuna Salad Sandwich<br>★ Green Beans                                      | <b>New!</b> <b>Beef Tot-Chos Cilantro Lime Rice</b> 24<br>Deli Turkey Sandwich<br>★ Corn   | <b>World School Milk Day!</b> 25<br>Max Pizza Sticks<br>Bologna Sandwich<br>Broccoli<br>Oreo Whip                       | <b>New!</b> <b>Utica's Famous Chicken Riggies</b> 26<br>Warm Breadstick<br>Mixed Deli Sandwich<br>★ Fresh Green Beans  | <b>Pizza Party!</b> 27<br>Cheesy Cheese or Buffalo Chicken Pizza<br>Fresh Green Salad<br>★ Watermelon Slices |
| <b>New!</b> <b>Chicken &amp; Waffles</b> 30<br>Maple Syrup<br>Tuna Salad Sandwich<br>★ Green Beans                             |   |   |  |  |



**New! Available Daily Salad Bar** – Featuring a variety of self-serve fruit, vegetable & protein options

- Crispy Chicken Sandwich
- Fresh Deli Sandwiches and Wraps
- Sun Butter Sandwich
- Assorted Fresh Fruit
- Vegetable Cruncher Cups
- Variety of Fresh Fruit & Juice
- Ice Cold New York State Milk

**Local Items this Month**  
Milk, Yogurt, Meatballs, Corn, Fresh Corn on the Cob, Carrots, Fresh Green Beans, Grape Slushie, Miss Mila's Cookie.

★ Local items are indicated with a star on the menu



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