

# BREAKFAST MENU

Sauquoit Valley  
Elementary School

Breakfast is Free | Menu is subject to change | For more information, contact hdussault@oneida-boces.org

## SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Labor Day  
No School

No School

Apple  
Fruitel

Whole Grain Bagel  
with Cream Cheese

Nature Valley  
Oatmeal Round

Mini  
Cinni

Pancake  
Sausage Stick

Yogurt  
Parfait

Breakfast  
Sandwich

Snackin'  
Waffle

Whole Grain  
Pancakes

Whole Grain Bagel  
with Cream Cheese

Breakfast  
Pizza

Homemade Apple  
Cinnamon Muffin  
& Yogurt

Apple  
Fruitel

Snackin'  
Waffle

Very Berry  
Overnight Oats

Good Morning  
Wrap

Scrambled Eggs  
& Whole Grain Toast

Whole Grain Bagel  
with Cream Cheese

Mini  
Cinni

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

BACK TO  
SCHOOL

We're

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

School Pay



# LUNCH MENU

Sauguoiit Valley  
Elementary School

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## SEPTEMBER

- MONDAY
- TUESDAY
- WEDNESDAY
- THURSDAY
- FRIDAY

- 2 **Labor Day**
- 2 **No School**
- 3 **No School**
- 4 **Crispy Chicken Sandwich**
- 5 **Mozzarella Sticks with Dipping Sauce**
- 6 **Pizza Party!**

- 9 **Boneless Chicken Bites**
- 10 **Nachos & Queso**
- 11 **Brunch for Lunch**
- 12 **Pasta with Marinara**
- 13 **Pizza Party!**

- 16 **Homestyle Chicken Tenders**
- 17 **Taco Tuesday**
- 18 **National Cheeseburger Day!**
- 19 **Mozzarella Sticks with Dipping Sauce**
- 20 **Pizza Party!**

- 23 **Crispy Chicken or Chicken Parm Sandwich**
- 24 **New! Beef Tot-Chos**
- 25 **World School Milk Day!**
- 26 **New! Utica's Famous Chicken Riggies**
- 27 **Pizza Party!**

- 30 **New! Chicken & Waffles**
- Maple Syrup Tuna Salad Sandwich**
- \* Green Beans**

School Pay  
Available Daily

Fresh Entree Salads  
Party Plates  
Peanut Butter & Jelly Sandwich  
Fresh Sandwiches  
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 Millie's Cookie.

\*Local items are indicated with a star on the menu

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