

BREAKFAST MENU

Frankfort-Schuyler
Jr./Sr. High School

Breakfast is Free | Menu is subject to change | This Section is Editable

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Mini Cinni
4 Snackin' Waffle	5 Whole Grain Pancakes	6 Whole Grain Bagel with Cream Cheese	7 Breakfast Pizza	8 Assorted Whole Grain Muffins & Yogurt
11 No School!	12 Mini Cinni	13 Breakfast Sandwich	14 Apple Frudel	15 Whole Grain Bagel with Cream Cheese
18 Zee Zee Bar	19 Pancake Sausage Stick	20 Nature Valley Oatmeal Round	21 Homemade Banana Chocolate Chip Muffin or Muffin Bar & Yogurt	22 Snackin' Waffle
25 Apple Frudel	26 Mini Cinni	27 No School!	28 Happy Thanksgiving - No School!	29 No School!



EZ SchoolPay
.com

Available Daily

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

OHM BOCES Food Service is an Equal Opportunity Employer.




LUNCH MENU

Frankfort-Schuyler Jr./Sr. High School

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

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>DID YOU KNOW?</u> You can monitor your student's lunch account free of charge by signing up for EZSchoolPay.com?</p>		<p>Substitute and daily Food Service Staff needed in a number of area schools - Call 315.223.6068 for more information</p>		<p>Pizza Party! ¹ Cheesy Cheese or Pepperoni Pizza Fresh Green Salad</p>
<p>⁴ Crispy Chicken Sandwich Broccoli</p>	<p>⁵ Taco Tuesday Chicken Tacos Lettuce, Tomato & Cheese Cup ★Corn</p>	<p>⁶ Mozzarella Sticks with Dipping Sauce ★Rainbow Carrots</p>	<p>⁷ Backyard BBQ Plain or Cheeseburger ★Squash it Soup</p>	<p>⁸ Pizza Party! Cheesy Cheese or Chicken, Bacon & Ranch Pizza Fresh Green Salad</p>
<p>¹¹ Veterans Day – No School</p>	<p>¹² Chicken & Waffles Maple Syrup ★Corn ★Miss Mila's Cookie</p>	<p>¹³ Dip N' Sip Grilled Cheese Sandwich & Tomato Soup ★Carrots</p>	<p>¹⁴ Utica's Famous Chicken Riggies ★Green Beans</p>	<p>¹⁵ Pizza Party! Cheesy Cheese or Garlic Pizza Fresh Green Salad</p>
<p>¹⁸ Homestyle Plain or Garlic Parm Chicken Tenders Goldfish Crackers Broccoli</p>	<p>¹⁹ Brunch for Lunch! French Toast Sticks Breakfast Sausage Golden Hashbrown</p>	<p>²⁰ Italian Dunkers with Dipping Sauce ★Green Beans</p>	<p>²¹ Turkey Gravy Dinner Roll ★Whipped Potatoes Veggie Choice</p>	<p>²² Pizza Party! Cheesy Cheese or Buffalo Chicken Pizza Fresh Green Salad</p>
<p>²⁵ Boneless Chicken Bites Steamy Rice Broccoli</p>	<p>²⁶ Beef Tot-Chos & Queso ★Corn</p>	<p>²⁷ No School!</p>	<p>²⁸ Happy Thanksgiving! No School!</p>	<p>²⁹ No School!</p>



New! Available Daily
Salad Bar – Featuring a variety of self-serve fruit, vegetable & protein options
Party Plates
Fresh Subs and Wraps
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, Green Beans, Rainbow Carrots, Potatoes,
★Grape Slushie, Miss Mila's Cookie
★Local items are indicated with a star on the menu

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