



# LUNCH MENU



LUNCH PRICE IS \$2.50 • MENU IS SUBJECT TO CHANGE • FOR MORE INFORMATION CONTACT HMIELNICKI@ONEIDA-BOCES.ORG

## NOVEMBER 2019 • Clinton Middle School

### Available Daily:

Fresh Entrée Salads, Party Plates, Assorted Subs and Wraps, Peanut Butter and Jelly Sandwich, Assorted Fresh Fruit, Vegetable Cruncher Cups, Variety of Fresh Fruit and Juice, Ice Cold New York State Milk.

### Local Items this Month:

Milk, Cheddar Cheese, Yogurt, Butternut Squash, Sweet Potatoes, Apples, Cabbage, Carrots, Pork, Black Beans, Cauliflower, Meatballs, Maple Syrup, Zucchini, Kale, Hot Dogs. Items are bolded on menu.

### Harvest of the Month:

#### BRASSICAS

Brassicas include plants in the cruciferous, cabbage and mustard family including cauliflower, kale, broccoli, mustard greens, kohlrabi and more! Brassicas are known for their high amounts of Vitamin C, Vitamin K and fiber!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 Cheesy Cheese Pizza Pepperoni Pizza Crisp Garden Salad Oreo Whip!
04 Chicken Parm Sandwich or Chicken Patty Tiny Broccoli Trees	05 Warm Chili Whole Kernel Corn Tortilla Chips <b>Harvest Corn Bread</b>	06 Whole Grain French Toast Stix Breakfast Sausage Hash Brown Patty	07 <b>BBQ Pork Sandwich</b> Garlicky Green Beans <b>Apple Cabbage Slaw</b>	08 Cheesy Cheese Pizza <b>Chicken Pesto Pizza</b> Garden Fresh Green Salad Nilla Whip!
11 <b>Veteran's Day!</b> <b>No School!</b>	12 Mozzarella Stix with Dipping Sauce Tiny Broccoli Trees	13 Dip-N-Sip (Grilled Cheese & Soup) Steamy Tomato Soup Lean Mean Green Beans	14 <b>Baked Pasta with NY Meatballs</b> <b>Turmeric Cauliflower</b>	15 Cheesy Cheese Pizza Spicy Buffalo Wing Pizza Fresh Garden Salad <b>Black Bean Brownies</b>
18 Popcorn Chicken Bites X-Ray Vision Carrots Tomato Pie	19 Bacon Cheeseburger Curly Fries <b>"Squash It" Soup</b>	20 Buffalo Chicken Mac & Cheese <b>Maple Glazed Carrots</b>	21 Roast Turkey with Dinner Roll Whipped Potatoes Veggie Choice! <b>Zucchini Bread</b>	22 Cheesy Cheese Pizza Garlic Pizza Garden Fresh Green Salad Jello Jewels
25 Chicken Nuggets Rice Tiny Broccoli Trees	26 Chef's Choice!	27 <b>HAPPY THANKSGIVING!</b>	28 <b>HAPPY THANKSGIVING!</b>	29 <b>HAPPY THANKSGIVING!</b>