

SEPTEMBER 2022

OXFORD ACADEMY & CSD

LUNCH



School Information:

WELCOME BACK!



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Labor Day

5

6

7

1

2

HOTDOG ON BUN
CARROT STICKS
MACARONI SALAD
FRUIT

8

1% CHOC OR WHITE MILK

PIZZA DAY
GARDEN SALAD OR
VEGGIE CUP
FRUIT

9

1% CHOC OR WHITE MILK

HAMBURGER ON BUN
POTATO CHIPS/ PICKLES
FRUIT

5

1% CHOC OR WHITE MILK

OXFORD CHIX BOWL
WITH POTATOES,
CORN & GRAVY
FRUIT

13

1% CHOC OR WHITE MILK

MACARONI & CHEESE
DINNER ROLL
CHEF'S VEGETABLES
FRUIT

14

1% CHOC OR WHITE MILK

BBQ PORK RIB ON BUN
SWEET POTATO FRIES
CHEF'S VEGETABLES
FRUIT

15

1% CHOC OR WHITE MILK

PIZZA DAY
GARDEN SALAD OR
VEGGIE CUP
FRUIT

16

1% CHOC OR WHITE MILK

FRENCH TOAST STIX
HASH BR POTATO
SAUSAGE PATTY
FRUIT

19

1% CHOC OR WHITE MILK

TACO TUESDAY WITH
CHICKEN TACOS,
SALSA & CHEESE, CORN ON
THE COB/ FRUIT

20

1% CHOC OR WHITE MILK

SPAGHETTI &
MEATSAUCE WITH
BREAD STICK/BROCCOLI
FRUIT

21

1% CHOC OR WHITE MILK

CHICKEN PATTY ON
BUN/ BUTTERED
NOODLES/CHEF'S VEGETABLES
FRUIT

22

1% CHOC OR WHITE MILK

PIZZA DAY
GARDEN SALAD OR
VEGGIE CUP
FRUIT

23

1% CHOC OR WHITE MILK

MEATBALLS SUB
POTATO SMILES
CHEF'S VEGETABLES
FRUIT

26

1% CHOC OR WHITE MILK

CHICKEN & BISCUIT
MASHED POTATOES
CHEF'S VEGETABLES
FRUIT

27

1% CHOC OR WHITE MILK

MOZZERELLA STICKS
W/MARINARA SAUCE
GARLIC BREAD
CHEF'S VEGETABLES/FRUIT

28

1% CHOC OR WHITE MILK

TURKEY & CHEESE SUB
POTATO CHIPS/PICKLES
BABY CARROTS/ FRUIT

29

1% CHOC OR WHITE MILK

PIZZA DAY
GARDEN SALAD OR
VEGGIE CUP
FRUIT

30

1% CHOC OR WHITE MILK