



September 2022

OCIS | LUNCH MENU

MON	TUES	WED	THURS	FRI
			1	2
5 Closed – Labor Day	6 Cheese Quesadilla Let/Sour Cream/Salsa Rice/Corn/Beans	7 Sweet n Sour Chicken & Veggies Rice	8 Cheese Omelet French Toast Sticks w/ Syrup Hash Brown Patty	9 Beef Patty Bowl w/ French Fries & Gravy
12 Mac & Cheese Dinner Roll Buttered Broccoli	13 Soft Beef Tacos Let/Cheese/Sour Cream & Salsa Rice/Corn/Beans	14 Chicken Parmesan Spaghetti & Sauce Garden Salad	15 Cheese or Pepperoni Calzone Tater Tots	16 Pancakes w/ Syrup Hash Brown Patty Turkey Sausage Links
19 Chicken Alfredo Penne w/ Garlic Toast Green Beans	20 Nachos Grande Let/Cheese/Sour Cream/ Salsa Rice/Corn/Beans	21 Waffles w/ Syrup Hash Brown Patty Turkey Sausage Links	22 Boneless Chicken Wings French Fries	23 BBQ Pulled Pork Sandwich Peas & Carrots
26 Chicken Tenders Tater Tots Biscuit	27 Cheese Quesadilla Let/Sour Cream/Salsa Rice/Corn/Beans	28 Italian Mozzarella Sticks w/ Dipping Sauce Garden Salad	29 Hotdog on a Bun Baked Beans Buttered Carrots	30 Cheese or Pepperoni Calzone Green Beans

Menus are subject to change.

CHECK OUT OUR DAILY ENTRÉE MENU FOR MORE INFORMATION!

All Lunches Must
Include Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk



This institution is an equal opportunity providers

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Offered Daily...
Assorted Fresh Fruits, 100% Fruit Juice, Fruit Cups
Milk – Fat Free, 1% Skim & Fat- Free

Daily Entrée Offerings....
Assorted Salads, Pizza, Chicken Nuggets, Chicken Sandwiches, Burgers, Steaks, Cold Sandwiches & Wraps