

# Sibley-Ocheyedan Community Schools

Oct. 2018

Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 French toast Succulent Strawberries Cereal Juice Milk, 1% Lowfat	Oct - 2 Breakfast Pizza Juice Cereal Mandarin Oranges Milk, 1% Lowfat	Oct - 3 Egg Ch. Ham Bun Elem. Egg ,Ham,Pretzel Roll fruit fresh Cereal Juice Milk, 1% Lowfat	Oct - 4 Bacon Breakfast Boat Cereal Apricots Juice Milk, 1% Lowfat	Oct - 5 Cinnamon Roll Cereal Juice fruit choice Milk, 1% Lowfat
Oct - 8 Breakfast wrap Cereal Sidekicks fruit slush Juice Milk, 1% Lowfat	Oct - 9 Breakfast Pizza Juice Cereal Mandarin Oranges Milk, 1% Lowfat	Oct - 10 Sausage, Egg, Cheese Bun Juice Cereal /choice fruit fresh Milk, 1% Lowfat	Oct - 11 Jamwich MS & HS Uncrustable-Strawberry Cereal Peach cups Juice Milk, 1% Lowfat	Oct - 12 Donut Cereal /choice Juice fruit choice Milk, 1% Lowfat
Oct - 15 NO SCHOOL TODAY	Oct - 16 Breakfast Pizza Juice Cereal Mandarin Oranges Milk, 1% Lowfat	Oct - 17 Egg Ch. Ham Bun Elem. Egg ,Ham,Pretzel Roll fruit fresh Cereal Juice Milk, 1% Lowfat	Oct - 18 Omelet Toast Cereal fruit fresh go gurt Juice Milk, 1% Lowfat	Oct - 19 Banana Muffin Cereal Juice Raisels Milk, 1% Lowfat
Oct - 22 Ham Egg Breakfast Bar Cereal Peach cups Juice Milk, 1% Lowfat	Oct - 23 Breakfast Pizza Juice Cereal Mandarin Oranges Milk, 1% Lowfat	Oct - 24 Sausage, Egg, Cheese Bun Juice Cereal /choice fruit fresh Milk, 1% Lowfat	Oct - 25 Poptarts MS HS Poptarts Elem applesauce straw/Cinn. Cereal Juice Milk, 1% Lowfat	Oct - 26 Long John Cereal Juice fruit choice Milk, 1% Lowfat
Oct - 29 Pancake on a Stick Cereal /choice applesauce straw/Cinn. Juice Milk, 1% Lowfat	Oct - 30 Breakfast Pizza Juice Cereal Mandarin Oranges Milk, 1% Lowfat	Oct - 31 Egg Ch. Ham Bun Elem. Egg ,Ham,Pretzel Roll fruit fresh Cereal Juice Milk, 1% Lowfat	Nov - 1 Waffles Succulent Strawberries Cereal Juice Milk, 1% Lowfat	Nov - 2 Blueberry or Cinn. cake Cereal Juice fruit choice Milk, 1% Lowfat

This institution is an equal opportunity provider.

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.