

Sibley-Ocheyedan Community Schools

Oct.. 2018

Menu are subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Chicken Patty/Bun Romaine lettuce Peas Mandarin Oranges Cinnamon Rice Raisins Barbecue sauce Milk, 1% Lowfat	Oct - 2 Breaded Cheese Stick Glazed Carrots Salad w/Romaine Pineapple Tidbits fruit fresh Pumpkin Bar Marinara Sauce Milk, 1% Lowfat	Oct - 3 Hamburger/Bun Cheese Slice Baked Beans Potato Wedges Applesauce Milk, 1% Lowfat	Oct - 4 Pizza Hotdish Corn Broccoli, fresh Cucumber Slices Plump pears Oranges Tea Roll Milk, 1% Lowfat	Oct - 5 Chicken Flatbread Sand. Shredded Cheese Romaine lettuce Whole Baby Carrots tomato fresh Peaches Sidekicks fruit slush Milk, 1% Lowfat
Oct - 8 Walking Taco Shredded Cheese Romaine lettuce tomato fresh Mandarin Oranges Milk, 1% Lowfat	Oct - 9 Chicken Drumsticks Whipped Potatoes steamed carrots Applesauce Graham Crackers Milk, 1% Lowfat	Oct - 10 Hot Dog on a Bun Calico Beans Spinach Salad Plump pears Monster Cookie Milk, 1% Lowfat	Oct - 11 Stromboli Spinach Salad Glazed Carrots Peaches fruit choice Cookies and Cream Marinara Sauce Milk, 1% Lowfat	Oct - 12 Chicken Noodle Soup Cheese Sandwich Crackers Baby whole Carrots Fresh Celery Sticks Cucumber Slices Pineapple Tidbits fruit choice Milk, 1% Lowfat
Oct - 15 NO SCHOOL TODAY	Oct - 16 Chicken Fajita Shredded Cheese Romaine lettuce Refried Beans tomato fresh Applesauce Milk, 1% Lowfat	Oct - 17 Pizza Pepperoni steamed carrots Salad w/Romaine Fruit Salad Cherries, Dried Rice Krispie Bar Milk, 1% Lowfat	Oct - 18 BAKED POTATO 1/2 BAKED POTATO Shredded Cheese and / or Diced Ham Broccoli w/Cheese Plump pears WG Bread & Butter Sidekicks fruit slush Milk, 1% Lowfat	Oct - 19 Deli Turkey on a Bun Cheese Slice Corn tomato fresh Cucumber Slices Peaches Oranges Sun Chips Milk, 1% Lowfat
Oct - 22 Nacho Supreme Romaine lettuce Green Beans tomato fresh Plump pears Milk, 1% Lowfat	Oct - 23 Mini Corn Dogs steamed carrots Cucumber Slices Whole Baby Carrots Applesauce Jello Poke Cake Milk, 1% Lowfat	Oct - 24 Tasty Turkey Burger/bun Cheese Slice Tater Tots-3 oz. Romaine lettuce Whole Baby Carrots Mandarin Oranges raisins Milk, 1% Lowfat	Oct - 25 Farmers Delight Hot Dish Corn Romaine lettuce Peaches Fresh Apple, 1/2 Tea Roll Milk, 1% Lowfat	Oct - 26 BBQ on a Whole grain Bun Baked Beans Fresh Celery Sticks Broccoli, fresh Plump pears raisins Milk, 1% Lowfat
Oct - 29 Spaghetti Salad w/Romaine Fresh Celery Sticks Cucumber Slices Fruit Salad Garlic toast Milk, 1% Lowfat	Oct - 30 popcorn chicken Whipped Potatoes Gravy, Chicken 1/8 cup steamed carrots Oranges Applesauce Graham Crackers Milk, 1% Lowfat	Oct - 31 Mr. Ribb on a Bun California Blend w/Chz Whole Baby Carrots Applesauce Sun Chips Sidekicks fruit slush Milk, 1% Lowfat	Nov - 1 Walking Taco Shredded Cheese Romaine lettuce Green Beans tomato fresh Mandarin Oranges Milk, 1% Lowfat	Nov - 2 Hot Dog on a Bun Calico Beans Spinach Salad Plump pears Sun butter Bars-Elem Peanut Butter Bars MS HS 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.