

# Sibley-Ocheyedan Community Schools

Jan. 2018

Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
			Jan - 3 Poptarts MS HS Poptarts Elem Succulent Strawberries Cereal Juice Milk, Skim milk variety Milk, Chocolate Skim	Jan - 4 Donut Cereal Choice Juice fruit choice Milk, Skim milk variety Milk, Chocolate Skim
Jan - 7 Pancake on a Stick Syrup, Pancake 2 Tbsp Cereal Choice applesauce straw/Cinn. Juice Milk, Skim milk variety Milk, Chocolate Skim	Jan - 8 Breakfast Pizza Juice Cereal Mandarin Oranges Milk, Skim milk variety Milk, Chocolate Skim	Jan - 9 Egg Ch. Ham Bun Elem. Egg ,Ham,Pretzel Roll fruit fresh Cereal Juice Milk, Skim milk variety Milk, Chocolate Skim	Jan - 10 Jamwich MS & HS Uncrustable-Strawberry Cereal Peach cups Juice Milk, Skim milk variety Milk, Chocolate Skim	Jan - 11 Blueberry or Cinn. cake Frosting Cereal Juice fruit choice Milk, Skim milk variety Milk, Chocolate Skim
Jan - 14 Biscuits & Gravy Juice Cereal applesauce straw/Cinn. Milk, Skim milk variety Milk, Chocolate Skim	Jan - 15 Breakfast Pizza Juice Cereal Mandarin Oranges Milk, Skim milk variety Milk, Chocolate Skim	Jan - 16 Sausage, Egg, Cheese Bun Juice Cereal Choice fruit fresh Milk, Skim milk variety Milk, Chocolate Skim	Jan - 17 Jamwich MS & HS Uncrustable-Strawberry Cereal Peach cups Juice Milk, Skim milk variety Milk, Chocolate Skim	Jan - 18 Cinna Buns Cereal Choice Juice Yogurt fruit choice Milk, Skim milk variety Milk, Chocolate Skim
Jan - 21 Pancakes Syrup, Pancake 2 Tbsp Cereal Choice applesauce straw/Cinn. Juice Milk, Skim milk variety Milk, Chocolate Skim	Jan - 22 Breakfast Pizza Juice Cereal Mandarin Oranges Milk, Skim milk variety Milk, Chocolate Skim	Jan - 23 Egg Ch. Ham Bun Elem. Egg ,Ham,Pretzel Roll fruit fresh Cereal Juice Milk, Skim milk variety Milk, Chocolate Skim	Jan - 24 Breakfast wrap SALSA Cereal Sidekicks fruit slush Juice Milk, Skim milk variety Milk, Chocolate Skim	Jan - 25 Blueberry Muffin Cereal Juice Raisels Milk, Skim milk variety Milk, Chocolate Skim
Jan - 28 Waffles Syrup, Pancake 1 Tbsp Succulent Strawberries Cereal Juice Milk, Skim milk variety Milk, Chocolate Skim	Jan - 29 Breakfast Pizza Juice Cereal Mandarin Oranges Milk, Skim milk variety Milk, Chocolate Skim	Jan - 30 Sausage, Egg, Cheese Bun Juice Cereal Choice fruit fresh Milk, Skim milk variety Milk, Chocolate Skim	Jan - 31 Cereal Bar Cereal Plump pears Juice Milk, Skim milk variety Milk, Chocolate Skim	Feb - 1 Mini Bagels Cereal Juice Yogurt fruit choice Milk, Skim milk variety Milk, Chocolate Skim

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.

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	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
Calories	461	450-500	100%	Carbohyd	74.76 g	64.92%
Sodium	569 mg	540		Tot. Fat	11.19 g	21.86%
Calcium	372.75* mg			Sat. Fat	4.23 g	8.27%
						<10.00%

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