



LUNCH

Food subject to change due to food availability

OCTOBER 2022

Sidney Elementary

Low-fat and fat-free milk offered daily with all meals

Monday

Tuesday

Wednesday

Thursday

Friday

3

Crispito w/ Salsa
Romaine Blend
Bananas

4

Cheeseburger on a Bun
Baked Beans
Cucumbers
Apple Slices

5

Chicken Fried Steak
Mashed Potatoes & Gravy
Grapes

6

Pizza Crunchers
California Blend Veggies
Oranges

7

Mac & Cheese
Cooked Carrots
Pears

10

Quesedilla
Fiesta Beans
Romaine Blend
Bananas

11

Pork Fritter on a Bun
French Fries
Strawberries

12

Orange Chicken
Whole Grain Rice
Broccoli
Grapes

13

Spaghetti w/ Marinara &
Meat Sauce
Cheesy Cauliflower
Clementine

14

Un crustable
Carrot Sticks & Celery
Peaches

17

Burrito w/ Salsa
Refried Beans
Bananas

18

Sloppy Joe on a Bun
Green Beans
Apple Slices

19

Pot Roast
Mashed Potatoes & Gravy
Oranges

20

Chicken Strips
Sweet Potato Fries
Grapes

21

Cheese Filled Breadsticks
w/ Marinara
Steamed Broccoli
Fruit Cocktail

24

Taquito w/ Salsa
Mixed Veggies
Bananas

25

Beef Philly on a Hoagie
Peppers & Onions
Baked Beans
Strawberries

26

Oven Fried Chicken
Tri-Tator
Mandarin Oranges

27

No School

28

No School

31

Beef Nachos w/ Salsa
Refried Beans
Bananas

This institution is an equal opportunity provider

