

SIDNEY BREAKFAST OCT. 2022

MONDAY

3RD BREAKFAST PIZZA
FRUIT
CEREAL

TUESDAY

4TH FRENCH TOAST
SAUSAGE
FRUIT
BREAD & YOGURT

WEDNESDAY

5TH POWER BREAKFAST
EGG, BISCUIT, GRAVY,
BACON
FRUIT

THURSDAY

6TH PANCAKE WRAPS
FRUIT
BREAD & YOGURT

FRIDAY

7TH CINNAMON ROLLS
SAUSAGE
FRUIT
CEREAL

10TH BREAKFAST

COMBO
FRUIT
CEREAL

NO SCHOOL

11TH WAFFLES BACON

FRUIT
BREAD & YOGURT

12TH POWER

BREAKFAST
EGG, BISCUIT, GRAVY,
BACON
FRUIT

13TH BREAKFAST

COOKIE YOGURT
BREAD & YOGURT
FRUIT

14TH BREAKFAST

BURRITO
HASH BROWN
FRUIT
CEREAL

17TH SAUSAGE

KOLACHE
YOGURT
CEREAL
FRUIT

18TH BURRITO

EGGS, CHEESE, BEAN,
SAUSAGE
HASH BROWN
BREAD & YOGURT
FRUIT

19TH POWER

BREAKFAST
EGG, BISCUIT, GRAVY,
BACON
FRUIT

20TH BREAKFAST PIZZA

BREAD & YOGURT
FRUIT

21ST DUTCH WAFFLE

SAUSAGE
FRUIT
CEREAL

24TH PANCAKES

BACON
FRUIT
CEREAL

25TH BREAKFAST

BURRITO
HASH BROWN
BREAD & YOGURT
FRUIT

26TH POWER

BREAKFAST
EGG, BISCUIT, GRAVY,
BACON
FRUIT

27TH WAFFLES

SAUSAGE
FRUIT
BREAD & YOGURT

28TH DONUTS

SAUSAGE
FRUIT
CEREAL

31ST BREAKFAST PIZZA

FRUIT
CEREAL

OCT
MENU 2022
GEAR UP FOR
SWIM
CLASS



ANNOUNCEMENTS:

STAFF
DEVELOPMENT
DAY OCT 10 TH.

milk
&
Juice
every day.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



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SIDNEY LUNCH OCT. 2022

MONDAY

3RD CORN DOG
TATER TOTS
TOMATO CUP
FRUIT CUP

10TH CHICKEN FRIED
STEAK ROLL
GRAVY MASHED
POTATOES OKRA
STRAWBERRIES
NO SCHOOL

17TH MEAT & CHEESE
TACO
SPANISH RICE 9-12
BEANS CORN SALSA
ORANGE SMILES
PUDDING

24TH
BREADED
DRUMSTICKS
BISCUIT GARDEN
SALAD SWEET
POTATOES FRUIT

31ST
CORN DOG
FRIES TOMATO CUP
FRUIT CUP

TUESDAY

4TH QUESADILLA
SALSA BEANS
CUCUMBERS
APRICOTS
ICE CREAM CUP

11TH CHICKEN FAJITAS
SPANISH RICE 9-12
BEANS CARROTS
SALSA APPLES
SHERBET

18TH CHILI CHEESE
TOTCHOS
VEGGIE CUP
GRAPES

25TH
WALKING TACO
BEANS
VEGGIE CUP
PINEAPPLE DESSERT

WEDNESDAY

5TH CRISPY CHICKEN
SANDWICH
CHIPS 9-12
VEGGIE CUP
GARDEN SALAD
MIXED FRUIT

12TH MEATBALL SUB
SANDWICH
GARDEN SALAD
SAVORY GREEN BEANS
PEACHES

19TH CHICKEN
NUGGETS
MAC N CHEESE
CARROTS CUCUMBERS
STRAWBERRIES AND
BANANAS

26TH
CHEESY BREADSTICKS
GREEN BEANS
MARINARA SAUCE
APPLESAUCE

THURSDAY

6TH ASIABN BOWL
EGG ROLL
CORN GREEN BEANS
MANDRIN ORANGES

13TH RANCHERO WRAP
CORN CRUNCHY
BROCCOLI SALAD
APPLES SLICES
DESSERT

20TH BREADED
MOZZARELLA STICKS
MARINARA SAUCE
TOMATO CUP
GARDEN SALAD
PEACHES

27TH
BONELESS CHICKEN
WINGS CHIPS 9-12
CELERY CARROTS
MIXED FRUIT
SHERBET

FRIDAY

7TH CHEESE PIZZA
CARROTS
SAVORY
GREEN BEANS
FRUIT
DESSERT

14TH POTATO BOWL
BBQ & POTATO
WEDGES
ROLL TOMATO CUP
SNOWBALL SALAD

21ST TEXAS BASKET
CHICKEN STRIPES ROLL
FRIES
CORN CUCUMBERS
APPLESAUCE
DESSERT

28TH
STEAK FINGERS
ROLL GRAVY
SAVORY GREEN BEANS
CORN PEACHES

OCT

MENU 2022

GEAR UP FOR
SWIM CLASS



ANNOUNCEMENTS:

- STAFF DEVELOPMENT DAY OCT. 10TH

- EVEVERYDAY
- MILK
- JUICE 9-12
- SALADS 9-12



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