

## SGC FOODSERVICE

SEDALIA LUNCH  
OCTOBER 2020

Sep 17, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Thu - 10/1/2020 SWEET AND SOUR CHICKEN BROWN RICE Broccoli RICE KRISPIE TREAT FRUIT MILK	Fri - 10/2/2020 SPAGHETTI W/ MEAT SAUCE BREADSTICK ROMAINE SALAD W/ TOMATO RANCH DRESSING PEAS FRUIT MILK	Sat - 10/3/2020
Sun - 10/4/2020	Mon - 10/5/2020 BEEF STROGANOFF W/NOODLE BREADSTICK CARROTS GREEN BEANS FRUIT MILK	Tue - 10/6/2020 CHEESE PIZZA CUCUMBER CORN FRUIT MILK	Wed - 10/7/2020 THREE CHEESE GRILLED SAN CHICKEN NOODLE SOUP BROCCOLI CHEESE SAUCE KETCHUP FRUIT MILK	Thu - 10/8/2020 CHICKEN PARMESAN BREADSTICK ROMAINE SALAD W/ TOMATO RANCH DRESSING CARROTS FRUIT MILK	Fri - 10/9/2020 TACO SALAD TORTILLA CHIPS Salsa REFRIED BEANS JELLO FRUIT MILK	Sat - 10/10/2020
Sun - 10/11/2020	Mon - 10/12/2020 HOT HAM AND CHEESE SANDWICH MULTI GRAIN SUNCHIPS CUCUMBER SLICES RANCH DRESSING FRUIT MILK	Tue - 10/13/2020 CHICKEN NUGGETS AU GRATIN POTATOES GREEN BEANS FRUIT WHOLE GRAIN ROLL COOKIES MILK	Wed - 10/14/2020 GROUND BEEF AND MACARONI CORN FRUIT WHOLE GRAIN ROLL MILK	Thu - 10/15/2020 CORN DOG Ketchup POTATO WEDGE BAKED BEANS FRUIT MILK	Fri - 10/16/2020 PIZZA ROMAINE SALAD W/ TOMATO Baby Carrots RANCH DRESSING FRUIT MILK	Sat - 10/17/2020

\*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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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sun - 10/18/2020	Mon - 10/19/2020 TACOS RICE PILAF Salsa CORN FRUIT COOKIES MILK	Tue - 10/20/2020 SALISBURY STEAK BROWN GRAVY MASHED POTATOES GREEN BEANS FRUIT WHOLE GRAIN ROLL MILK	Wed - 10/21/2020 MEATBALL SUB TATER TOTS BAKED BEANS FRUIT MILK	Thu - 10/22/2020 NACHOS WITH GROUND BEEF RICE PILAF REFRIED BEANS CORN FRUIT MILK	Fri - 10/23/2020 ITALIAN SUB MULTI GRAIN SUNCHIPS CUCUMBER SLICES RANCH DRESSING FRUIT MILK	Sat - 10/24/2020
Sun - 10/25/2020	Mon - 10/26/2020 CHICKEN ALFREDO WHOLE WHEAT BREADSTICK ROMAINE SALAD W/ TOMATO RANCH DRESSING CARROTS FRUIT MILK	Tue - 10/27/2020 MOZZARELLA DUNKERS TOMATO SOUP FRESH BROCCOLI KETCHUP FRUIT MILK	Wed - 10/28/2020 WHOLE GRAIN CHICKEN NUGGET COUNTRY GRAVY MASHED POTATOES GREEN BEANS WHOLE GRAIN ROLL FRUIT MILK	Thu - 10/29/2020 CHICKEN FAJITA Salsa REFRIED BEANS FRUIT CHEESY APPLE TART MILK	Fri - 10/30/2020 NO SCHOOL TODAY	Sat - 10/31/2020

USDA IS AN EQUAL OPPORTUNITY PROVIDER AN EMPLOYER. MENUS ARE SUBJECT TO CHANGE.

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