



## USD #457 Breakfast and Lunch Menus


USD 457 will be celebrating Walk to School day and National School Lunch Week!

Encourage your student to get at least 60 minutes of vigorous physical activity a day and to eat a diet full of a variety of fruits and vegetables and whole




# October 2022 GE



Mon	Tue	Wed	Thu	Fri
French Toast Sticks Fruit Choice ..... Mini Corn Dog: 🍗 Tatter Tots Pineapple & Strawberries 3	Cheese Quesadilla Fruit Choice ..... Breaded Chicken Sandwich Peas and Carrots Mixed Fruit 4	Ham Bar/Biscuit 🍖 Fruit Choice ..... Lasagna 🍝 Green Beans Apple Slices  5	Cheese Sticks Fruit Choice ..... Breakfast Burrito 🍗 Hash browns Salsa Frozen Fruit Cup 6	Breakfast pizza 🍗 Fruit Choice ..... Walking Tacos 🍝 Refried Beans Tropical Fruit Salad Salsa 7

**OCTOBER 10-14 is National School Lunch Week, check your cafeteria for special menus!**

Mini Cinnamon Rolls Fruit Choice ..... Chicken Taco Meat 🍗 Refried Beans Applesauce 10	Grilled Cheese Fruit Choice ..... Cheeseburger 🍔 Sweet Potato Fries Fresh Orange Wedge 11	Breakfast Bites: 🍗 Fruit Choice ..... Tony's Pepperoni Pizza 🍕 Garden Fresh Selection Chilled Peaches Cookie 12	Breakfast Biscuit 🍗 Fruit Choice ..... Cheesy Nacho Supreme 🍝 Golden Steamed corn Fiesta Fruit Salad 13	 14
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Mini Bagel Fruit Choice ..... Bread Cheese Stick Marinara Green Beans Pineapple Tidbits 17	Waffle Fruit Choice ..... Pig in Blanket 🍗 Mixed Vegetables Applesauce 18	<b>Garfield Only</b>  19	 20	 21
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Mini Pancakes Fruit Choice ..... Country Beef Fingers 🍖 Mashed Potato/Gravy Chilled Pears Whole Wheat Roll 24	Dutch Waffle Fruit Choice ..... Crispy Chicken Nuggets 🍗 Broccoli Cheese Sauce Frozen Fruit Cup 25	Lumberjack Stick 🍗 Fruit Choice ..... Tony's Cheese Pizza Salad Bar Cinnamon Applesauce Cookie 26	Breakfast Round Fruit Choice ..... Frito Pie 🍗 Golden Steamed Corn Fresh Orange Smile 27	<b>No School Garfield Screening Day!</b> 28
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Cereal Graham crackers Fruit Choice ..... Ghoul Cheese Sandwich Creepy Corn Mixed Fruit Halloween Cookie 31				
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🍖 Pork 🍗 Beef 🍗 Poultry

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