



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



Mon	Tue	Wed	Thu	Fri
French Toast Sticks Fruit Choice Mini Corn Dog: 🐔 Salad Bar Tatter Tots Pineapple & Strawberries 3	Cheese Quesadilla Fruit Choice Breaded Chicken Sandwich Sandwich Garnish Peas and Carrots Roasted Potatoes Mixed Fruit GW Grill Day 4	Ham Bar/Biscuit Fruit Choice Lasagna 🐷 Green Beans Apple Slices Garlic Bread WALK TO SCHOOL DAY 5	Cheese Sticks Fruit Choice Breakfast Burrito 🐔 Hash browns Salsa Frozen Fruit Cup 6	Breakfast pizza 🐔 Fruit Choice Walking Tacos 🐷 Garden Fresh Selection Golden Steamed Corn 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 🐔 Refried Beans Garden Fresh Selection Applesauce Tortilla Chips 10	Grilled Cheese Fruit Choice Cheeseburger 🐷 Lettuce, Tomato, Onion Sweet Potato Fries Baked Beans Fresh Orange Wedge VO Grill Day 11	Breakfast Bites: 🐔 Fruit Choice Tony's Pepperoni Pizza 🐷 Garden Fresh Selection Chilled Peaches Cookie 12	Breakfast Biscuit 🐔 Fruit Choice Cheesy Nacho Supreme 🐷 Fresh Spinach Salad Golden Steamed corn Fiesta Fruit Salad 13	 14
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Mini Bagel Fruit Choice Spaghetti with Marinara Tossed Salad Green Beans Pineapple Tidbits Bread Cheese Stick 17	Waffle Fruit Choice Pig in Blanket 🐔 Mixed Vegetables Potato Smiles Applesauce BJ Grill Day 18	Ham Bar/Biscuit Fruit Choice Beef and Bean Tacos 🐷 Garden Fresh Selection Golden Steamed Corn Tropical Fruit Salad Salsa 19	 20	 21
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Mini Pancakes Fruit Choice Country Beef Fingers 🐷 Steamed Green Peas Mashed Potato/Gravy Chilled Pears Whole Wheat Roll 24	Dutch Waffle Fruit Choice Crispy Chicken Nuggets 🐔 Broccoli Cheese Sauce French Fries Frozen Fruit Cup Whole Wheat Roll JW Grill Day 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 Cinnamon Roll 27	Breakfast Pizza 🐔 Fruit Choice Monthly Special! Check your Cafeteria 28
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Cereal Graham crackers Fruit Choice Ghoul Cheese Sandwich Creepy Corn Frightful Fries Eek! Frozen Fruit Cup Halloween Cookie GCHS Grill Day 31



🐷 Pork 🐔 Beef 🐔 Poultry

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