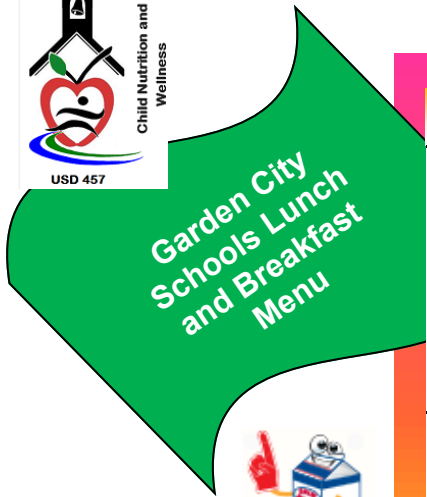





October 2018



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 grains!

Mon	Tue	Wed	Thu	Fri
French Toast Sticks Fruit Choice Mini Corn Dogs Garden Fresh Selection Potato Choice Cinnamon Applesauce 1	Cheese Quesadilla or Waffle Fruit Choice Lasagna Garden Spinach Salad Mixed Vegetables Fresh Fruit Cup Garlic Bread 2	Ham Bar/Biscuit or Oatmeal Bar Fruit Choice Chicken and Noodles Glazed Carrot Coins Mashed Potatoes Grapes Whole Wheat Roll 3	Breakfast Biscuit or Breakfast Round Fruit Choice Beef and Bean Tacos Lettuce, Tomato, cheese Tropical Fruit Salad Nacho Chips 4	Cooks Choice Fruit Choice Orange Chicken Garden Fresh Selection Apple Slices Fried Rice 5
Mini Cinnamon Rolls Fruit Choice Chicken Taco Refried Beans Garden Fresh Selection Chilled Pears Tortilla Chips 8	Grilled Cheese or Dutch Waffle Fruit Choice Cheeseburger Lettuce, Tomato, Onion Sweet Potato Fries Baked Beans Fresh Orange Wedge 9	Breakfast Bites or Hot Oatmeal Bar Fruit Choice Tony's Pizza Garden Fresh Selection Chilled Peaches Cookie 10	Cheese Stick or Breakfast Coffee Cake Fruit Choice Sub Sandwich Bar 11	Breakfast Pizza or Oatmeal Bar Fruit Choice Cheesy Nacho Supreme Fresh Spinach Salad Golden Steamed corn Fiesta Fruit Salad 12
OCTOBER 15—19 is National School Lunch Week, check your cafeteria for special menus!				
Mini Bagel Fruit Choice Spaghetti with Marinara Tossed Salad Green Beans Pineapple Tidbits Bread Cheese Stick 15	Cheese Quesadilla or Waffle Fruit Choice Hot Dog Garden Fresh Selection Sweet Potato Puffs Grapes 16	Ham Bar/Biscuit or Oatmeal Bar Fruit Choice Walking Taco Golden Steamed Corn Salsa Refried Beans Fresh Apple slice 17	Breakfast Biscuit or Breakfast Round Fruit Choice BBQ Rib Sandwich Garden Fresh Selection Seasoned Pinto Beans Fresh Fruit Cup 18	No School Teacher Inservice  19
Mini Pancakes Fruit Choice Pork and Bean Burritos Lettuce, Tomato, Cheese Salsa Chilled Peaches Nacho Chips 22	Grilled Cheese or Dutch Waffle Fruit Choice Frito Pie Garden Spinach Salad Mandarin Oranges/Kiwi Cinnamon Puff 23	Lumberjack Stick or Oatmeal Bar Fruit Choice Tony's Pizza Garden Fresh Selection Strawberries/Pineapple Cookie 24	No School PT Conferences 25	No School PT Conferences 26
French Toast Sticks Fruit Choice Corn Dogs Garden Fresh Selection Potato Choice Cinnamon Applesauce 29	Cheese Quesadilla or Waffle Fruit Choice Pasta Bake Garden Spinach Salad Mixed Vegetables Fresh Fruit Cup Garlic Bread 30	Ham Bar/Biscuit or Oatmeal Bar Fruit Choice Ghoul Cheese Sandwich Creepy Corn Frightful Fries Oranges Halloween Cookie 31	Look for all the action taking place during #NationalSchoolLunchWeek and #WalktoSchool Day on Twitter and the USD 457 Wellness Community Facebook page!	

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