



USD 457

Garden City Schools Lunch and Breakfast Menu



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!

**Garden City Nutrition and Wellness Department
Tracy Johnson, Director
620-805-7080
trjohnson@gckschools.com**



JDA October 2018



Mon	Tue	Wed	Thu	Fri
French Toast Sticks Fruit Choice Mini Corn Dogs Garden Fresh Selection Potato Choice Cinnamon Applesauce <p style="text-align: right;">1</p>	Waffle Fruit Choice Lasagna Garden Spinach Salad Mixed Vegetables Fresh Fruit Cup Garlic Bread <p style="text-align: right;">2</p>	Ham Bar/Biscuit Fruit Choice Chicken and Noodles Glazed Carrot Coins Mashed Potatoes Grapes Whole Wheat Roll <p style="text-align: right;">3</p>	Breakfast Biscuit Fruit Choice Beef and Bean Tacos Lettuce, Tomato, cheese Tropical Fruit Salad Nacho Chips <p style="text-align: right;">4</p>	Cooks Choice Fruit Choice Orange Chicken Garden Fresh Selection Apple Slices Fried Rice <p style="text-align: right;">5</p>
Mini Cinnamon Rolls Fruit Choice Chicken Taco Refried Beans Garden Fresh Selection Chilled Pears Tortilla Chips <p style="text-align: right;">8</p>	Dutch Waffle Fruit Choice Cheeseburger Lettuce, Tomato, Onion Sweet Potato Fries Baked Beans Fresh Orange Wedge <p style="text-align: right;">9</p>	Breakfast Bites Fruit Choice Tony's Pizza Garden Fresh Selection Chilled Peaches Cookie <p style="text-align: right;">10</p>	Cheese Stick Fruit Choice <h2 style="text-align: center;">Sub Sandwich Bar</h2> <p style="text-align: right;">11</p>	Breakfast Pizza Fruit Choice Cheesy Nacho Supreme Fresh Spinach Salad Golden Steamed corn Fiesta Fruit Salad <p style="text-align: right;">12</p>
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 <p style="text-align: right;">15</p>	Cheese Quesadilla Fruit Choice Hot Dog Garden Fresh Selection Sweet Potato Puffs Grapes <p style="text-align: right;">16</p>	Ham Bar/Biscuit Fruit Choice Walking Taco Golden Steamed Corn Salsa Refried Beans Fresh Apple slice <p style="text-align: right;">17</p>	Breakfast Biscuit Fruit Choice BBQ Rib Sandwich Garden Fresh Selection Seasoned Pinto Beans Fresh Fruit Cup <p style="text-align: right;">18</p>	<p style="text-align: center;"><i>No School Teacher Inservice</i></p> <p style="text-align: right;">19</p>
Mini Pancakes Fruit Choice Pork and Bean Burritos Lettuce, Tomato, Cheese Salsa Chilled Peaches Nacho Chips <p style="text-align: right;">22</p>	Grilled Cheese Fruit Choice Frito Pie Garden Spinach Salad Mandarin Oranges/Kiwi Cinnamon Puff <p style="text-align: right;">23</p>	Lumberjack Stick Fruit Choice Tony's Pizza Garden Fresh Selection Strawberries/Pineapple Cookie <p style="text-align: right;">24</p>	<p style="text-align: center;">No School PT Conferences</p> <p style="text-align: right;">25</p>	<p style="text-align: center;">No School PT Conferences</p> <p style="text-align: right;">26</p>
French Toast Sticks Fruit Choice Corn Dogs Garden Fresh Selection Potato Choice Cinnamon Applesauce <p style="text-align: right;">29</p>	Waffle Fruit Choice Pasta Bake Garden Spinach Salad Mixed Vegetables Fresh Fruit Cup Garlic Bread <p style="text-align: right;">30</p>	Oatmeal Bar Fruit Choice Ghoulish Cheese Sandwich Creepy Corn Frightful Fries Oranges Halloween Cookie <p style="text-align: right;">31</p>	<p style="text-align: center;">Look for all the action taking place during #NationalSchoolLunchWeek and #WalktoSchool Day on Twitter and the USD 457 Wellness Community Facebook page!</p>	