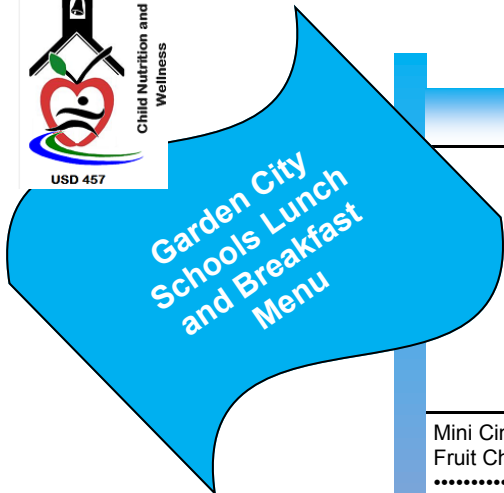






October 2019



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**

Mon	Tue	Wed	Thu	Fri
 Mini Cinnamon Rolls Fruit Choice Chicken Taco Refried Beans Garden Fresh Selection Chilled Pears Tortilla Chips 7	Cheese Quesadilla or Waffle Fruit Choice Lasagna Garden Spinach Salad Mixed Vegetables Fresh Fruit Cup Garlic Bread 1	 Ham Bar/Biscuit or Oatmeal Bar Fruit Choice Crispy Chicken Tenders Peas and Carrots Mashed Potatoes/Gravy Mixed Fruit Whole Wheat Roll 2	Cheese Stick or Breakfast Coffee Cake Fruit Choice Beef and Bean Taco Lettuce, Tomato, cheese Apple Slices Nacho Chips 3	Cooks Choice Fruit Choice Boneless Wings Garden Fresh Selection Mandarin Orange/Kiwi Fried Rice 4
Grilled Cheese or Dutch Waffle Fruit Choice Cheeseburger Lettuce, Tomato, Onion Sweet Potato Fries Baked Beans Fresh Orange Wedge 7	Breakfast Bites or Hot Oatmeal Bar Fruit Choice Tony's Pizza Garden Fresh Selection Chilled Peaches Cookie 8	Breakfast Biscuit or Breakfast Round Fruit Choice Sandwich Bar Fresh Fruit Cup RF Hot Cheetos 10	Breakfast Pizza or Oatmeal Bar Fruit Choice Cheesy Nacho Supreme Fresh Spinach Salad Golden Steamed corn Fiesta Fruit Salad 11	
OCTOBER 14—18 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 14	Cheese Quesadilla or Waffle Fruit Choice Hot Dog Garden Fresh Selection Sweet Potato Puffs Fresh Fruit Cup 15	Ham Bar/Biscuit or Oatmeal Bar Fruit Choice Walking Tacos Garden Fresh Selection Golden Steamed Corn Refried Beans Tropical Fruit Salad 16	Cheese Stick or Breakfast Coffee Cake Fruit Choice BBQ Rib Sandwich Garden Fresh Select Roasted Potatoes Seasoned Pinto Beans Fresh Fruit Cup 17	No School Teacher Inservice
Mini Pancakes Fruit Choice Country Pork Patty Garden Fresh Selection Golden Corn Mashed Potato/Gravy Chilled Peaches Whole Wheat Roll 21	Grilled Cheese or Dutch Waffle Fruit Choice Frito Pie Garden Spinach Salad Orange Slices Cinnamon Puff 22	Lumberjack Stick or Oatmeal Bar Fruit Choice Tony's Pizza Garden Fresh Selection Strawberries/Pineapple Cookie 23	No School PT Conferences	No School PT Conferences
French Toast Sticks Fruit Choice Corn Dogs Garden Fresh Selection Potato Choice Cinnamon Applesauce 28	Cheese Quesadilla or Waffle Fruit Choice Pasta Bake Garden Spinach Salad Mixed Vegetables Fresh Fruit Cup Garlic Bread 29	Ham Bar/Biscuit or Oatmeal Bar Fruit Choice Chicken Nuggets Peas and Carrots Mashed Potatoes/Gravy Mixed Fruit Whole Wheat Roll 30	Cheese Stick or Breakfast Coffee Cake Fruit Choice Ghoul Cheese Sandwich Creepy Corn Frightful Fries Eek! Frozen Fruit Cup Halloween Cookie 31	