

# OCTOBER 2022

## USD 348 Breakfast & Lunch Menu

Chocolate fat-free & unflavored  
1% milk served at all meals.

Alternate entrée options also available.  
Breakfast also includes a choice of fruit or fruit juice.

### Monday

Banana Oatmeal Round **3**  
Bean & Cheese Burrito  
Fiesta Black Beans  
Mexican Corn  
Lettuce, Tomatoes, Salsa  
Mandarin Oranges

Breakfast on a Stick **10**

BBQ Pork Sandwich  
Sweet Potato Fries  
Cucumber Slices  
Cinnamon Pears

Donut **17**

Mini Corn Dogs  
Peas & Carrots  
Fresh Veggies  
Chilled Peaches

Cinnamon Toast Square **24**

Chicken Strips  
Mashed Potatoes w/ Gravy  
Baby Carrots  
Strawberries & Bananas

Choc Chip Oatmeal Bar **31**

Mummy Dogs (Pig in a Blanket)  
Sinister Spuds (Fries)  
Frightful Finger Veggies  
EEK! Frozen Fruit Swirl

### Tuesday

Breakfast Mini **4**

Chicken Nuggets  
Seasoned Carrots  
Mixed Green Salad  
Mango & Pineapple

Breakfast Mini **11**

Nachos  
Seasoned Beans  
Mexican Corn  
Lettuce, Tomatoes, Salsa  
Frozen Fruit Swirl

Breakfast Mini **18**

Chicken & Waffles  
Cheesy Cauliflower  
Grape Tomatoes  
Applesauce

Breakfast Mini **25**

Taco  
Refried Beans  
Lettuce, Tomatoes, Salsa  
Pears & Cherries  
Halloween Cake

### Wednesday

Blueberry Oatmeal Square **5**

Hamburger on a Bun  
Baked Beans  
Cucumber Slices  
Lettuce, Onions, Tomatoes  
Rosy Applesauce

Cinnamon Breakfast Cake **12**

Cheesy Pasta  
Green Beans  
Garden Salad  
Apple Slices

*Crunch Day*

Bubble Bread **19**

Pizza  
Winter Blend Veggies  
Mixed Green Salad  
Pineapple & Cherries

Cinnamon Breakfast Cake **26**

Meatballs in Marinara & Pasta  
Green Beans  
Garden Salad  
Frozen Fruit Swirl

### Thursday

Breakfast Burrito **6**

Sausage Biscuit  
w/ Gravy  
Skillet Potatoes  
Grape Tomatoes  
Chilled Pears

Breakfast Sundae **13**

French Toast Sticks  
& Sausage  
Potato Smiles  
Fresh Veggies  
Pineapple Tidbits

No School **20**

Need treats for a class party? Raising funds for your school club?  
We can help! Contact us for more information at  
[foodandnutrition@usd348.com](mailto:foodandnutrition@usd348.com)

Omelet Slider **27**

Pancakes & Sausage  
Potato Triangles  
Fresh Veggies  
Cinnamon Applesauce

### Friday

Cinnamon Apple Muffin **7**

Cheesy Bread  
w/ Marinara Sauce  
Steamed Broccoli  
Tossed Salad  
Fruit Cocktail

**14**

No School

No School **21**

Pumpkin Choc Chip Muffin **28**

Corn Dog  
Sweet Potato Fries  
Cucumber Slices  
Mixed Fruit w/ Cherries

This institution is an equal opportunity provider.

Menu Subject to Change

Food & Nutrition Services is experiencing supply-chain interruptions due to limited product availability, nation-wide transportation challenges, and labor shortages. Please know our department is working diligently to minimize the effect this may have on our customers. Menu changes are likely during this time; however, all students will continue to be offered meals that meet menu requirements, nutrition standards, and student acceptability.