


October 2009



WICHITA Nutrition Services

www.usd259.com/parents/nutritionservices

Elementary Schools Breakfast and Lunch Menu

		Meal Prices Breakfast Full Price - \$1.15 Reduced Price - \$.30 Lunch Full Price - \$1.90 Reduced Price - \$.40		October 1 Breakfast *Cinnamon Bread *Assorted Cereal Large Banana Milk	October 2 Breakfast Strawberry Bar *Assorted Cereal Milk
		Prepay for School Meals ONLINE or by TELEPHONE www.mealpayplus.com 1-866-736-9007		Lunch Chicken Nuggets Cooked Broccoli & Cheese Sauce Pineapple Tidbits Wheat Roll Milk	Lunch ^Cheese Breadsticks Marinara Sauce Garden Salad Orange Wedges Chocolate Chip Cookie Milk
October 5 Breakfast *Granola Bar Apple Cherry Juice Milk	October 6 Breakfast *Banana Bread *Assorted Cereal Fruit Blend Juice Milk	October 7 Breakfast Sunflower Seeds *Assorted Cereal Apple Juice Milk	October 8 Breakfast *Glazed Donut *Assorted Cereal Orange Juice Milk	October 9 Breakfast *Breakfast Bun String Cheese Milk	
Lunch Pizza Pocket Fresh Baby Carrots Peach Slices Fish Crackers Milk	Lunch Steak Fingers Diced Potatoes Mixed Fruit *Wheat Bread Slice Milk	Lunch ^Cheese Pizza Fresh Broccoli Pear Slices *Apple Cinnamon Grahams Milk	Lunch Chicken Ranch Wrap Green Peas Apple Slices Oatmeal Chocolate Chip Cookie Milk	Lunch ~Little Smokies Green Beans Tropical Fruit Texas Toast Fruit Snacks Milk	
October 12 Breakfast *Strawberry Toaster Pastry *Assorted Cereal Milk	October 13 Breakfast Cheese Crackers *Assorted Cereal Orange Juice Milk	October 14 Breakfast *Blueberry Bread *Assorted Cereal Fruit Blend Juice Milk	October 15 Breakfast Strawberry Bar *Assorted Cereal Milk	Non-Teaching Duty Day	
Lunch Beef & Bean Burrito Garden Salad Apricot Discs *Chips and Salsa Milk	Lunch ~BBQ Ribette on a Bun Cooked Broccoli & Cheese Sauce Applesauce *Nacho Doritos Milk	Lunch Meatloaf Vegetable Medley Red Grapes *Wheat Bread Slice Milk	Lunch Chicken Nuggets Mashed Potatoes Orange Wedges Texas Toast Milk		

^*Peanut Butter and Jelly Sandwich is a daily lunch entrée choice.

*Whole Grain ^Vegetarian ~Pork

Menu Subject to Change.

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October 19	October 20	October 21	October 22	October 23
District Inservice Day	Breakfast *Breakfast Bun *Assorted Cereal Milk	Breakfast Sunflower Seeds *Assorted Cereal Apple Juice Milk	Breakfast *Glazed Donut *Assorted Cereal Orange Juice Milk	Breakfast *Granola Bar Apple Cherry Juice Milk
	Lunch *Corn Dog Fresh Baby Carrots Pear Slices Animal Crackers Milk	Lunch ~Pepperoni Pizza Peach Slices Mixed Fruit *Strawberry Grahams Milk	Lunch Cheeseburger on Wheat Bun Green Peas Apple Slices Crunchy Cheetos Milk	Lunch ^Cheese Quesadilla Fresh Broccoli Tropical Fruit *Apple Bread Milk
October 26	October 27	October 28	October 29	October 30
Breakfast *Strawberry Toaster Pastry *Assorted Cereal Milk	Breakfast Cheese Crackers *Assorted Cereal Orange Juice Milk	Breakfast *Blueberry Bread *Assorted Cereal Fruit Blend Juice Milk	Breakfast *Cinnamon Bread *Assorted Cereal Large Banana Milk	Breakfast Strawberry Bar *Assorted Cereal Milk
Lunch *^Toasted Cheese Sandwich Peas and Carrots Rosy Applesauce Chocolate Chip Cookie Milk	Lunch Bean & Beef Burrito Garden Salad Red Grapes *Chips & Salsa Milk	Lunch Chicken Nuggets Mashed Potatoes Pineapple Tidbits *Wheat Breadstick Milk	Lunch ^Omelet Diced Potatoes Orange Wedges Honey Snack Mix *Cinnamon Bread Milk	Lunch Chuckwagon Chili Saltine Crackers Fresh Baby Carrots Apricot Discs *Apple Cinnamon Grahams Milk



Calci-Yum!



Students are making smarter choices when it comes to how they get their servings of calcium. Nearly 80% of students in the National School Lunch Program drank low fat or skim milk in 2005 up from slightly under 30% in 1992. This is in accordance with the 2005 Dietary Guidelines for Americans (DGA) recommendation for increased intake of low fat and fat free dairy products. The current DGA recommends 3 servings of dairy products for most Americans.

- ◆ Calcium is critical for bone health, especially for growing children and teens.
- ◆ Low fat and fat free milk provide calcium and other nutrients without a lot of saturated fat.
- ◆ A cup of whole milk contains 3 times as much fat as low fat milk.
- ◆ Kids who eat school lunch drink more milk than those who don't. So, school lunch can make a real difference in children's lives.

This institution is an equal opportunity provider.