

Wyoming
CSD

This institution is an
equal opportunity
provider. Menus are
subject to change.

MENUS FOR OCTOBER 2021

AVAILABLE DAILY

Fruit Offered at all Meals
Milk Choices at all Meals
Please use Myschoolbuds.com
Please submit a New Lunch Form
Have a Happy Halloween
National School Lunch Week is
October 12th-15th
Menu Subject to change

TAKE A HIKE?

Lots of kids (and adults!) are probably feeling a candy binge coming on this month. OK. But for every 2 little 'fun size' candies you eat, you need to hike 30 minutes to work off the calories. So take it easy - or take a hike!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

NUTRITION TO GO

Lots of kids and adults love yogurt - and that's great, because yogurt is a low fat, high quality source of protein, and it's also loaded with calcium. One cup of lowfat fruit yogurt contains about 200 calories and only a couple of grams of fat -- and yogurt is easier to digest for people who have trouble with milk.

A QUICK BITE FOR PARENTS

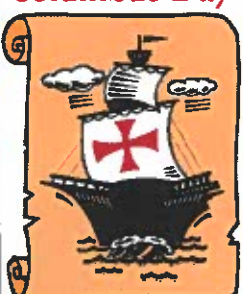
Monday, October 4
Breakfast
Cereal & Crackers
Lunch
Macaroni & Cheese, Roll
Cheese Stick Fun Pack
Zucchini
Broccoli
Fruit

Tuesday, October 5
Breakfast
Bagel & Cream Cheese
Lunch
Hamburger on Bun
Cheeseburger
Turkey & Cheese Sub
Green Beans
French Fries
Fruit

Wednesday, October 6
Breakfast
Pancakes
Lunch
Ham & Cheese Hot Pocket
Bologna & Cheese on Bun
Tomato Soup
Spinach Cups
Fruit

Thursday, October 7
Breakfast
Cereal & Cheese Stick
Lunch
Variety Pizza
Salad/Muffin
Carrots & Peas
Celery & Dip
Fruit

Friday, October 8
Parent Teacher Conference
Day
No School

Monday, October 11
Columbus Day

No School

Tuesday, October 12
Breakfast
Cereal & Cracker
National School Lunch Week
Chicken Poppers & Roll
Yogurt Fun Pack
Mashed Potato & Gravy
Broccoli
Fruit

Wednesday, October 13
Breakfast
Large Muffins
School Lunch Week
Pizza Quesadilla & Dip
Ham & Cheese Sub
Carrot Sticks & Dip
Spinach
Fruit

Thursday, October 14
Breakfast
Breakfast on a stick
School Lunch Week
BarBQ Pork on Bun
Assorted Sub
Cucumber Wheels
Baked Beans
Fruit

Friday, October 15
Breakfast
Breakfast Pastry
School Lunch Week
Pepperoni Pizza
Cheese Pizza
Salad Box & Crackers
Green Beans
Romaine, Tomato Salad
Fruit



NO BONES ABOUT IT.



Touch the tip of your nose - that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!



STAY ALERT & BE SAFE!

RED RIBBON CAMPAIGN

Join students, teachers, parents, and other folks all over America in celebrating drug-free lifestyles this year! Wear a red ribbon to show your commitment!

OCTOBER 23-31, 2021

YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG
WESTMINSTER SCHOOL DISTRICT NUTRITION SERVICES

Monday, October 18
Breakfast
Pancakes
Lunch
Hot Turkey Bacon & Mozz.
Cheese Pretzel Bun
Cheese Stick Fun Pack
Sweet Potato Fries
Cucumber Salad
Fruit

Tuesday, October 19
Breakfast
Waffles
Lunch
Chicken Tenders, Roll
Egg Salad on Bun
Mashed Potatoes & Gravy
Squash
Fruit

Wednesday, October 20
Breakfast
Breakfast Boat
Lunch
Italian Dunkers & Sauce
Turkey & Cheese Sub
Spinach
Carrot Coins
Fruit

Thursday, October 21
Breakfast
Muffin
Lunch
Loaded Nachos
Lettuce, Tomato, Sour Cream
PBJ Sandwich
Corn
Bean Salsa
Fruit

Friday, October 22
Breakfast
Bagel & Cream Cheese
Lunch
Pepperoni Pizza
Cheese Pizza
Salad Box & Crackers
Broccoli
Zucchini
Fruit

Friday, October 29
It's a Halloween Menu!
Please join us for a frightfully fun time!

Monday, October 25
Breakfast
French Toast Sticks
Lunch
Chicken Patty on Bun
Yogurt Fun Pack
Baked Beans
Celery Dippers
Fruit
Red Ribbon Week

Tuesday, October 26
Breakfast
Pancakes
Lunch
Hamburger on a Bun
Egg Salad Sandwich
Sweet Potato Fries
Spinach Cups
Fruit
Red Ribbon Week

Wednesday, October 27
Breakfast
Breakfast Cookie
Lunch
Chicken Nuggets & Muffin
Assorted Sub
Corn
Veggie Dippers
Fruit
Red Ribbon Week

Thursday, October 28
Breakfast
Breakfast on a Stick
Lunch
Pepperoni Pizza
Cheese Pizza
Salad Box & Crackers
Broccoli Salad
Carrots & Peas
Fruit
Red Ribbon Week

Friday, October 29
Breakfast
Apple Danish
Halloween Lunch
Creepy Corn Dogs
"The Mac" Salad
Batty Chicken Salad Sub
Freaky French Fries
Terrorizing Tomato Salad
Ghostly Grapes
Red Ribbon Week