


LKSD Breakfast Menus

This institution is an equal opportunity provider & employer.

November 2022

Menu subject to change.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
	1	Waffle Sausage Graham Crackers Fruit		2	Oatmeal or Bagel Graham Crackers Fruit		3	Pancake Yogurt Graham Crackers Fruit	4	French Toast Graham Crackers Fruit
7		8	Waffle Graham Crackers Fruit	9	Cereal or Cereal Bar Graham Crackers Fruit	10	Breakfast Tornado Graham Crackers Fruit		11	French Toast Yogurt Graham Crackers Fruit
14		15	Waffle Sausage Graham Crackers Fruit	16	Oatmeal or Bagel Graham Crackers Fruit	17	Pancake Sausage Graham Crackers Fruit		18	French Toast Yogurt Graham Crackers Fruit
21		22	Waffle Yogurt Graham Crackers Fruit	23	Cereal or Cereal Bar Graham Crackers Fruit	24	No School Happy Thanksgiving!		25	No School
28		29	Waffle Sausage Graham Crackers Fruit	30	Oatmeal or Bagel Graham Crackers Fruit					



NUTRITION CORNER

MILK
PROTEIN SUPPLIES YOUR BODY WITH THE AMINO ACIDS IT NEEDS TO BUILD STRONG MUSCLES.

SERVED DAILY

LOW FAT & NONFAT MILK
 FRESH & CANNED FRUIT



LKSD Lunch Menus

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Hamburgers Baked Beans Fruit	2	Teriyaki Chicken Rice Carrots Fruit	3	Tater Tot Casserole Green Beans Fruit	4	Corn Dog Potato Wedges Fruit
7	Chicken Nuggets Rice Broccoli Fruit	8	Spaghetti w/Meat Sauce Corn Fruit	9	Fish Sticks Rice Carrots Fruit	10	Cheese Pull Apart Tomato Soup Green Beans Fruit	11	Hot Dog Baked Beans Fruit
14	Pizza Broccoli Fruit	15	Hamburgers Chickpea Salad Fruit	16	Teriyaki Chicken Rice Carrots Fruit	17	Salisbury Steak Mashed Potatoes Dinner Roll Green Beans Fruit	18	Cheese Pull Apart Tomato Soup Corn Fruit
21	Chicken Nuggets Tater Tots Broccoli Fruit	22	Fish Sticks Rice Carrots Fruit	23	Turkey Mashed Potatoes w/Gravy Corn Dinner Roll Fruit	24	No School Happy Thanksgiving!	25	No School
28	Pizza Broccoli Fruit	29	Cheeseburgers Tater Tots Fruit	30	Orange Chicken Rice Carrots Fruit				

SERVED DAILY
LOW FAT & NONFAT MILK
FRESH & CANNED FRUIT




NUTRITION CORNER
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PROTEIN SUPPLIES YOUR BODY WITH THE AMINO ACIDS IT NEEDS TO BUILD STRONG MUSCLES.

DAILY GARDEN BARS

