

LKSD Breakfast Menus

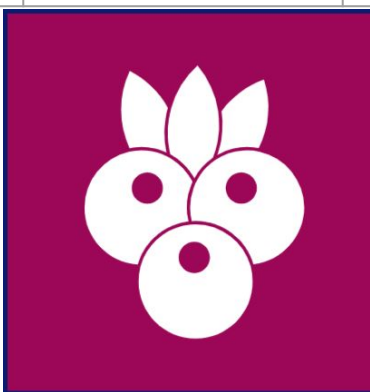
September 2022

This institution is an equal opportunity provider & employer.
Menu subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 No School	6 Pancake or Muffin Graham Cracker Fruit	7 Cereal Bar or Yogurt Graham Cracker Fruit	8 Waffle Breakfast Potato Graham Cracker Fruit	9 French Toast Sticks Sausage Patty Graham Cracker Fruit
12 Oatmeal or Bagel Graham Cracker Fruit	13 Cereal or Muffin Graham Cracker Fruit	14 Omelet Graham Cracker Breakfast Potato Fruit	15 French Toast Sticks or Hard Boiled Egg Graham Cracker Muffin Fruit	16 Waffle Graham Cracker Sausage Patty Fruit
19 Cereal or Cereal Bar Graham Cracker Yogurt Fruit	20 Pancakes Graham Cracker Fruit	21 Breakfast Burrito Graham Cracker Breakfast Potato Muffin Fruit	22 Waffle Graham Cracker Fruit	23 French Toast Sticks Graham Cracker Sausage Patty Fruit
26 Pancakes Graham Cracker Fruit	27 Breakfast Tornado Graham Cracker Breakfast Potato Fruit	28 Cereal or Muffin Graham Cracker Yogurt Fruit	29 French Toast Sticks Graham Cracker Muffin Fruit	30 Waffle Graham Cracker Sausage Patty Fruit

SERVED

 LOW FAT &
 NONFAT MILK
 FRESH &
 CANNED FRUIT
SDAILY



NUTRITION CORNER

BERRIES

LOADED WITH ANTIOXIDANTS, SUCH AS VITAMIN C AND ANTHOCYANINS. ALSO PROVIDE MANY OTHER NUTRIENTS SUCH AS VITAMIN K, COPPER, AND MANGANESE.

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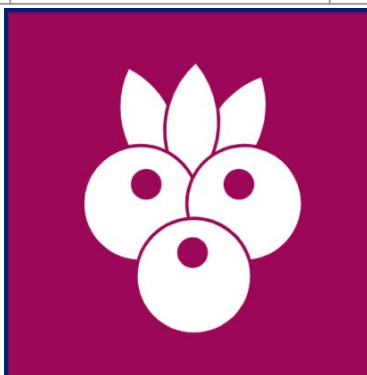
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 No School	6 Sloppy Joes Potato Wedges Fruit	7 Pasta w/Meat Sauce Carrots Fruit	8 Chicken Nuggets Baked Beans Fruit	9 Orange Chicken Rice Green Beans Fruit
12 Pizza Broccoli Fruit	13 Chili & Rice Corn Fruit	14 Chicken Nuggets Rice Carrots Fruit	15 Hot Dogs Baked Beans Fruit	16 Chicken Fried Rice Stir-Fry Veggies Fruit
19 Chicken Nuggets Broccoli Fruit	20 Sloppy Joes Chickpea Salad Fruit	21 Fish Nuggets Rice Sweet Potato Fries Fruit	22 Salisbury Steak Mashed Potatoes Carrots Dinner Roll Fruit	23 Teriyaki Chicken Rice Green Beans Fruit
26 Pizza Broccoli Fruit	27 Corn Dog Corn Fruit	28 Pasta w/Meat Sauce Carrots Fruit	29 Tater Tot Casserole Baked Beans Dinner Roll Fruit	30 Orange Chicken Rice Green Beans Fruit

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