



# LKSD MENU

August 2021  
Breakfast

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Cheerios</b> <b>Mixed Fruit</b> <b>Milk or</b> <b>Chocolate Milk</b> 11	<b>Omelet</b> <b>Blueberry Muffin</b> <b>Pineapple</b> <b>Milk or Chocolate</b> <b>Milk</b> 12	<b>Raisin Bran</b> <b>Pears</b> <b>Milk or</b> <b>Chocolate Milk</b> 13
<b>Granola</b> <b>Applesauce</b> <b>Milk or</b> <b>Chocolate Milk</b> 16	<b>Waffle</b> <b>Peaches</b> <b>Milk or</b> <b>Chocolate Milk</b> 17	<b>Cheerios</b> <b>Mixed Fruit</b> <b>Milk or</b> <b>Chocolate Milk</b> 18	<b>Pancakes</b> <b>Pineapple</b> <b>Milk or</b> <b>Chocolate Milk</b> 19	<b>Oatmeal</b> <b>Pears</b> <b>Milk or Chocolate</b> <b>Milk</b> 20
<b>Cheerios</b> <b>Applesauce</b> <b>Milk or</b> <b>Chocolate Milk</b> 23	<b>Omelet</b> <b>Muffin</b> <b>Peaches</b> <b>Milk or</b> <b>Chocolate Milk</b> 24	<b>Granola Cereal</b> <b>Mixed Fruit</b> <b>Milk or</b> <b>Milk Chocolate</b> 25	<b>Breakfast Pizza</b> <b>Pineapple</b> <b>Milk or</b> <b>Chocolate Milk</b> 26	<b>Raisin Bran</b> <b>Pears</b> <b>Milk or</b> <b>Chocolate Milk</b> 27
<b>Raisin Bran</b> <b>Applesauce</b> <b>Milk or</b> <b>Chocolate Milk</b> 30	<b>Breakfast</b> <b>Burritos</b> <b>Peaches</b> <b>Milk or</b> <b>Chocolate Milk</b> 31			



The USDA recommends that half of the grains you consume in a day whole grains.

## Nutrition Corner

### Powerful Eggs

- ✓ Excellent source of protein
- ✓ Vitamin D - for healthy teeth and bones
- ✓ Vitamin A - maintains skin, immune system and vision
- ✓ Vitamin B-12 - supports metabolism, red blood cells, immune and nervous systems



Menu subject to change.



# LKSD MENU

August 2021  
Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets  
Carrots  
Mixed Fruit  
Milk or  
Chocolate Milk

11

Fish Sandwich  
Baked Beans  
Pineapple  
Milk or  
Chocolate Milk

12

Pizza  
Green Beans  
Pears  
Milk or  
Chocolate Milk

13

Chicken Fried Rice  
Green Beans  
Applesauce  
Milk or  
Chocolate Milk

16

Fish Nuggets  
Carrots  
Peaches  
Milk or  
Chocolate Milk

17

Burritos  
Spinach  
Mixed Fruit  
Milk or Chocolate  
Milk

18

Meatball Sub with  
Marinara Sauce on  
a Hot Dog Bun  
Mixed Veggies  
Pineapple  
Milk or  
Chocolate Milk

19

Cheese Pull Aparts  
Tomato Soup  
Peas  
Pears  
Milk or  
Chocolate Milk

20

Chicken Nuggets  
Corn  
Applesauce  
Milk or  
Chocolate Milk

23

Pasta & Meatballs  
w/Marinara Sauce  
Carrots  
Peaches  
Milk or  
Chocolate Milk

24

Grilled Chicken  
Mashed Potato  
Dinner Roll  
Broccoli  
Mixed Fruit  
Milk or  
Chocolate Milk

25

Hamburgers on a  
Bun  
Sweet Potato  
French Fries  
Pineapple  
Milk or  
Chocolate Milk

26

Pizza  
Peas  
Pears  
Milk or  
Chocolate Milk

27

Teriyaki Chicken  
Rice  
Green Beans  
Applesauce  
Milk or  
Chocolate Milk

30

Tuna Casserole  
Carrots  
Peaches  
Milk or  
Chocolate Milk

31

# Welcome Back to School