


LKSD Breakfast Menus

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

December 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Breakfast Pizza Graham Crackers Fruit	2	French Toast Sticks Graham Crackers Fruit
5	Cereal or Cereal Bar Muffin Fruit	6	Waffle Sausage Graham Crackers Fruit	7	Omelet Breakfast Potato Graham Crackers Fruit	8	Oatmeal or Cereal Graham Crackers Fruit	9	French Toast Sticks Graham Crackers Fruit
12	Cereal or Bagel Muffin Fruit	13	Pancake Sausage Graham Crackers Fruit	14	Breakfast Tornado Breakfast Potato Graham Crackers Fruit	15	Breakfast Burrito Graham Crackers Fruit	16	French Toast Sticks Graham Crackers Fruit
19	Cereal or Cereal Bar Muffin Fruit	20	Waffle Sausage Graham Crackers Fruit	21	Omelet Breakfast Potato Graham Crackers Fruit	22	Oatmeal or Cereal Graham Crackers Fruit		

A choice of milk is served daily.



LKSD Lunch Menus

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Fish Nuggets Green Beans Fruit	2	Corn Dog Baked Beans Fruit
5	Chicken Nuggets Broccoli Fruit	6	Spaghetti w/Meat Sauce Corn Fruit	7	Orange Chicken Rice Carrots Fruit	8	Fish Nuggets Green Beans Fruit	9	Cheese Pull Aparts Tomato Soup Baked Beans Fruit
12	Pizza Broccoli Fruit	13	Hamburgers Baked Beans Fruit	14	Chicken Fried Rice Carrots Fruit	15	Chili & Rice Green Beans Fruit	16	Tater Tot Casserole Corn Fruit
19	Chicken Nuggets Broccoli Fruit	20	Corn Dogs Baked Beans Fruit	21	Orange Chicken Rice Carrots Fruit	22	Salisbury Steak Mashed Potatoes w/Gravy Dinner Roll Green Beans Fruit		

A choice of milk is served daily.



NUTRITION CORNER

BROCCOLI

PACKED WITH ANTIOXIDANTS LIKE SULFORAPHANE WHICH CAN HELP REDUCE BLOOD SUGAR AND CHOLESTEROL LEVELS. EXCELLENT SOURCE OF VITAMIN C. JUST HALF A CUP CAN PROVIDE 87% OF THE DAILY INTAKE.