

LKSD Breakfast Menus

October 2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cereal or Cereal Bar Muffin Fruit	4 Pancakes Sausage Graham Crackers Fruit	5 Oatmeal or Bagel Graham Crackers Fruit	6 Cereal or Cereal Bar Graham Cracker Fruit	7 French Toast Sticks or Muffin Graham Cracker Fruit
10 Cereal or Muffin Graham Crackers Fruit	11 Waffles Sausage Graham Crackers Fruit	12 Oatmeal or Bagel Graham Crackers Fruit	13 Omelette Breakfast Potatoes Graham Cracker Fruit	14 French Toast Sticks or Muffin Graham Cracker Fruit
17 Cereal or Cereal Bar Muffin Fruit	18 Pancakes Sausage Graham Crackers Fruit	19 Oatmeal or Bagel Graham Crackers Fruit	20 Cereal or Cereal Bar Graham Cracker Fruit	21 French Toast Sticks or Muffin Graham Cracker Fruit
24 Cereal Yogurt Graham Crackers Fruit	25 Waffles Sausage Graham Crackers Fruit	26 Oatmeal or Cereal Graham Crackers Fruit	27 Omelette Breakfast Potatoes Graham Cracker Fruit	28 French Toasts Sticks or Muffin Graham Cracker Fruit
31 Cereal or Cereal Bar Muffin Fruit				

SERVED DAILY



LOW FAT & NONFAT MILK
FRESH & CANNED FRUIT

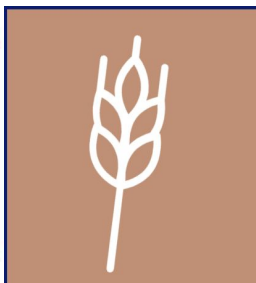
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Nuggets Rice Broccoli Fruit	4 Sloppy Joes w/WG Bun Baked Beans Fruit	5 Teriyaki Chicken Rice Carrots Fruit	6 Salisbury Steak Mashed Potatoes Green Beans Dinner Rolls Fruit	7 Corn Dog Potato Wedges Fruit
10 Pizza Broccoli Fruit	11 Spaghetti Corn Fruit	12 Orange Chicken Rice Carrots Fruit	13 Chili Rice Green Beans Fruit	14 Hamburgers w/WG Bun Sweet Potato Fries Baked Beans Fruit
17 Chicken Nuggets Rice Broccoli Fruit	18 Sloppy Joes w/WG Bun Chickpea Salad Fruit	19 Chicken Fried Rice Carrots Fruit	20 Pulled Pork Mashed Potatoes Green Beans Fruit	21 Chicken Patty Sandwich w/WG Bun Sweet Potato Fries Fruit
24 Pizza Broccoli Fruit	25 Spaghetti Corn Fruit	26 Orange Chicken Rice Carrots Fruit	27 Chili & Rice Green Beans Fruit	28 Hot Dog w/WG Bun Baked Beans Fruit

31 Chicken Nuggets Rice Broccoli Fruit



NUTRITION CORNER

WHOLE WHEAT
 RICH IN INSOLUBLE FIBER, WHICH PROMOTES GUT HEALTH. ALSO, A GOOD SOURCE OF COPPER, AN ESSENTIAL TRACE ELEMENT THAT SUPPORTS HEART HEALTH.

