

LKSD Breakfast Menus

January 2023

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				4 Oatmeal or Bagel Graham Crackers Fruit		5 Cereal or Cereal Bar Graham Crackers Fruit		6 French Toast Sticks Graham Crackers Fruit	
9 Pancakes Graham Crackers Fruit	10 Cereal or Cereal Bar Graham Crackers Fruit	11 Oatmeal or Bagel Graham Crackers Fruit	12 Omelette Sausage Graham Crackers Fruit	13 Waffles Graham Crackers Fruit					
16 Pancakes Graham Crackers Fruit	17 Omelette Sausage Graham Crackers Fruit	18 Oatmeal or Bagel Graham Crackers Fruit	19 Cereal or Cereal Bar Graham Crackers Fruit	20 Waffles Graham Crackers Fruit					
23 Pancakes Graham Crackers Fruit	24 Cereal or Cereal Bar Graham Crackers Fruit	25 Oatmeal or Bagel Graham Crackers Fruit	26 Breakfast Burrito Breakfast Potatoes Graham Crackers Fruit	27 Waffles Graham Crackers Fruit					
30 Egg & Cheese English Muffin Sandwich Graham Crackers Fruit	31 Breakfast Pizza Graham Crackers Fruit								



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				4 Orange Chicken Rice Carrots Fruit		5 Hot Dog Green Beans Fruit		6 Hamburgers Potato Wedges Fruit	
9 Pizza Broccoli Fruit		10 Shepherd's Pie Dinner Roll Corn Fruit		11 Sesame Chicken w/Stir Fry Rice Carrots Fruit		12 Corn Dog Potato Wedges Fruit		13 Chicken Sandwich Baked Beans Fruit	
16 Fish Nuggets Rice Broccoli Fruit		17 Cheeseburgers Chickpea Salad Fruit		18 Popcorn Chicken Bowls Carrots Fruit		19 Salisbury Steak Mashed Potatoes Dinner Rolls Green Beans Fruit		20 Goulash w/Pasta Corn Fruit	
23 Pizza Broccoli Fruit		24 Beef Stroganoff w/Pasta Green Beans Fruit		25 Chicken Fried Rice Carrots Fruit		26 Cheeseburgers Baked Beans Fruit		27 Chicken Chili Rice Corn Fruit	
30 Chicken Nuggets Rice Fruit		31 Taco Pie Tater Tots Fruit							



DAILY GARDEN BARS



SERVED DAILY
LOW FAT & NONFAT MILK
FRESH & CANNED FRUIT



NUTRITION CORNER

CARROTS
PACKED WITH VITAMIN A AND ALSO CONTAINS BETA CAROTENE, AN ANTIOXIDANT THAT PROVIDES THEIR ORANGE COLOR AND MAY HELP PREVENT CANCER