

 **BREAKFAST**

 **LUNCH**

OCTOBER 2022

Kansas School for the Blind

Served every day with breakfast: Milk (Skim or 1%), Fruit and 100% Juice

Offered every day with lunch: Variety of additional vegetables and fruits and Milk (Skim or 1%)

Monday

BREAKFAST PIZZA **3**
CHEESEBURGER
WAFFLE FRIES
STEAMED CARROTS
GRAPES

SCRAMBLED EGGS & TOAST **10**
PEPPERONI PIZZA
STEAMED BROCCOLI
GLAZED CARROTS
PINEAPPLE

BREAKFAST PIZZA **17**
MANDARIN ORANGE CHICKEN
VEGETABLE FRIED RICE
ORIENTAL VEGETABLES
FRUIT COCKTAIL

MINI WAFFLES W/ SYRUP **24**
BBQ PORK PATTY ON BUN
GLAZED CARROTS
SLICED APPLES

PUMPKIN MUFFIN/OATMEAL **31**
MUMMY DOG
VAMPIRE VEGGIES
SPOOKY STRAWBERRIES
CREEPY COOKIE
GHOSTLY MILK OR WITCH'S BREW

Tuesday

EGG & CHEESE BOSCO STICK **4**
CHEESE PIZZA
GREEN BEANS
CORN
PINEAPPLE

EGG & POTATO BREAKFAST BOAT **11**
CHICKEN NUGGETS
W/ MACARONI & CHEESE
MIXED VEGETABLES
CORN ON THE COB
APPLE SLICES

EGG & CHEESE BOSCO STICK **18**
SLOPPY JOE ON BUN
WAFFLE FRIES
BAKED BEANS
PEACHES

PANCAKE ON A STICK **25**
CHICKEN QUESADILLA
CORN
REFRIED BEANS
APPLESAUCE

Wednesday

DONUT/OATMEAL **5**
BEEF, BEAN & CORN ENCHILADAS
MEXED VEGETABLES
SIDE SALAD
DICED PEARS

BISCUITS & GRAVY OR FRUIT STRUDEL **12**
SALISBURY STEAK W/ ROLL
MASHED POTATOES & GRAVY
SAUTEED ONIONS & PEPPERS
MANDARIN ORANGES

OATMEAL/MUFFINS **19**
FIESTADA PIZZA
ROASTED CAULIFLOWER
CARROTS
BAKED APPLES

BREAKFAST BURRITO **26**
BEEF STEAK FINGERS
DINNER ROLL
MASHED POTATOES W/ GRAVY
GREEN BEANS
MIXED FRUIT SALAD

Thursday

PANCAKES W/ SYRUP **6**
BEEF HOT DOG
TATER TOTS
VEGETABLE BLEND
FROZEN FRUIT CUP

MINI PANCAKES W/ SYRUP **13**
SHREDDED PORK BBQ SANDWICH
MIXED GREEN SALAD
SCALLOPED POTATOES
MIXED FRUIT SALAD

FRENCH TOAST STICKS W/ SYRUP **20**
CHILI CHEESE FRITOS
VEGGIE STICKS
PEARS
CINNAMON ROLL

MUFFINS/STRING CHEESE **27**
CHICKEN ALFREDO
W/ GARLIC BREAD
VEGETABLE BLEND
GRAPES

Friday

EGG & CHEESE BISCUIT **7**
LEMON PEPPER TILAPIA ROLL
SAUTEED SPINACH
RED POTATOES
BANANA

NO SCHOOL **14**

SAUSAGE, EGG, & CHEESE ENGLISH MUFFIN **21**

FISH SANDWICH GREEN BEANS CREAMY COLESLAW BANANA

SCRAMBLED EGGS & TOAST **28**
CHEESEBURGER
TATOR TOTS
MIXED VEGETABLES
SLICED PEARS

Questions????

Contact Cindy Rawie, Food Service Director
crawie@kssdb.org

Due to availability, substitutions to the menu may occur.

This institution is an equal opportunity provider.