

 **BREAKFAST**

 **LUNCH**

# JANUARY 2023

## Kansas State 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**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**2**

**PANCAKE ON A STICK**

**3**

**WAFFLES W/ SYRUP**

**4**

**SCRAMBLED EGGS & TOAST**

**5**

**BREAKFAST BURRITO**

**6**

**FRENCH TOAST STICKS W/ SYRUP**

**9**

**BACON SCRAMBLE PIZZA**

**10**

**BISCUITS & GRAVY**

**11**

**PANCAKES W/ SYRUP**

**12**

**OATMEAL/MUFFINS**

**13**

**CHEESEBURGER  
WAFFLE FRIES  
STEAMED CARROTS  
GRAPES**

**CHICKEN ALFREDO  
W/ GARLIC BREAD  
ITALIAN VEGETABLE BLEND  
STRAWBERRIES**

**BBQ PORK PATTY ON BUN  
GLAZED CARROTS  
ROASTED CAULIFLOWER  
PEACHES**

**BEEF, BEAN, CORN ENCHILADAS  
REFRIED BEANS  
SIDE SALAD  
PEARS**

**LEMON PEPPER TILAPIA  
SAUTEED SPINACH  
RED POTATOES  
BANANA**

**NO SCHOOL**

**16**

**MINI CINNAMON  
CREAM CHEESE BAGELS**

**17**

**EGG & POTATO  
BREAKFAST BOAT**

**18**

**FRUIT STRUDEL**

**19**

**SAUSAGE, EGG & CHEESE  
ENGLISH MUFFIN**

**20**



**FIESTADA PIZZA  
ROASTED CAULIFLOWER  
GLAZED CARROTS  
BAKED CINNAMON APPLES**

**SALISBURY STEAK  
W/ ROLL  
MASHED POTATOES W/ GRAVY  
SAUTEED ONIONS & PEPPERS  
MANDARIN ORANGES**

**CHICKEN NUGGETS  
W/ MAC & CHEESE  
STEAMED BROCCOLI  
CORN ON THE COB  
FRUIT COCKTAIL**

**SHREDDED PORK BBQ SANDWICH  
MIXED GREEN SALAD  
SCALLOPED POTATOES  
MIXED FRUIT SALAD**

**SAUSAGE BREAKFAST PIZZA**

**23**

**OATMEAL/DONUTS**

**24**

**EGG & CHEESE BISCUIT**

**25**

**PANCAKE ON A STICK**

**26**

**WAFFLES W/ SYRUP**

**27**

**MANDARIN ORANGE CHICKEN  
VEGETABLE FRIED RICE  
ORIENTAL VEGETABLES  
PINEAPPLE**

**BREADED BEEF FINGERS  
MASHED POTATOES W/ GRAVY  
GREEN BEANS  
PEACHES**

**CHICKEN QUESADILLA  
REFRIED BEANS  
CORN  
APPLESAUCE**

**CHILI CHEESE FRITOS  
VEGGIE STICKS  
PEARS  
CINNAMON ROLL**

**FISH SANDWICH  
GREEN BEANS  
CREAMY COLESLAW  
BANANA**

**SCRAMBLED EGGS  
& TOAST**

**30**

**BREAKFAST PIZZA**

**31**

**SLOPPY JOE ON BUN  
ROASTED CAULIFLOWER  
SWEET POTATO TOTS  
PEARS**

**TURKEY POT PIE  
BISCUIT  
STEAMED CARROTS  
GRAPES**

Questions????

Contact Cindy Rawie, Food Service Director

[crawie@kssdb.org](mailto:crawie@kssdb.org)

Due to availability, substitutions to the menu may occur.

This institution is an equal opportunity provider.