

KSD MENU WEEK 5

MENU PREPARED BY CATHY GROTE, DIETITIAN II

FOR WEEK OF: JAN. 30 – FEB. 5,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JUICE CEREAL FRUIT YOGURT CHEESE OMELET TOAST / JELLY MILK	JUICE CEREAL FRUIT YOGURT FRENCH TOAST SYRUP TOAST / JELLY MILK	JUICE CEREAL FRUIT SAUSAGE & CHEESE BISCUIT TOAST / JELLY MILK	JUICE CEREAL FRUIT DANISH SAUSAGE PATTY TOAST / JELLY MILK	JUICE CEREAL FRUIT BREAKFAST WRAP TOAST /JELLY MILK		
CHICKEN TENDERS MASHED POTATO GRAVY BABY CARROTS SALAD BAR BREAD SHERBET MILK	PIZZA CORN SALAD BAR BREAD PINEAPPLE MILK	GROUND STEAK BAKED POTATO VEGGIE BLEND SALAD BAR BREAD PEAR MILK	CHICKEN QUESIDILA SPANISH RICE REFRIED BEANS SALAD BAR BREAD PEACH MILK	LASAGNA GREEN BEANS SALAD BAR STUFFED BREAD STICK MAND. ORANGE MILK		
MEATBALL SUB/ FRIES VEGGIE BLEND SALAD BAR BREAD COOKIE MILK	FISH MACARONI & CHEESE VEGGIE BLEND SALAD BAR BREAD APPLESAUCE MILK	TOMATO SOUP GRILLED CHEESE SAND. TATER TOTS SALAD BAR FROZEN JUICE BAR MILK	BBQ PORK ON BUN CHIPS PEAS SALAD BAR BREAD TROPICAL FRUIT MILK			