

KSD Four Cycle 2018-19 Menus

August 13, 2018 - May/June 2019

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week (1)	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>
8/12/18	Sausage Biscuit (OR)	Egg & Cheese Biscuit (OR)	Breakfast Pizza (OR)	Pancake Wrap (OR)	Chix & Biscuit(OR)
9/9/18	2 Cereals	Oatmeal, Toast w/Jelly	2 Cereals	2 Cereals	Oatmeal, Toast w/Jelly
10/7/18	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit
11/6/18	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk
12/9/18	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>
1/21/19	Chix Patty w/bun	Meatball Sub	Chix Fajita Wrap	Cheese Burger w/Bun	Pizza
2/18/19	French Fries	Green Beans	(Cheese/Tomato/Lettuce)	Baked Fries	Corn
3/17/19	Baked Apples	Small Side Salad	Salsa & Sour Cream	<u>Broccoli</u>	Fruit Cup
4/21/19	Fresh Fruit (apple/org/banana ...)	Apple sauce cup or Fresh Fruit	Pinto/Baked Beans or Fresh Fruit	Fresh Fruit (apple/org/banana ...)	(Manager Choice- spinach/greens)
5/19/19	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk
Week (2)	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>
8/19/18	Breakfast Burrito (OR)	French Toast Packs (OR)	Break. Chix Patty W/Biscuit (OR)	Pop Tarts (OR)	Biscuit & Gravy (OR)
9/16/18	2 Cereals	Oatmeal, Toast w/Jelly	2 Cereals	2 Cereals	Oatmeal, Toast w/Jelly
10/14/18	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit
11/11/18	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk
12/16/18	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>
1/27/19	Hot Ham & Cheese	Salisbury Steak,	Chix Fajita Wrap	BBQ Chix Sliders	Pizza Sticks w/Marinara Sauce
2/24/19	Sweet Potato Fries	Mashed Potatoes	(Cheese/Tomato/Lettuce)	Baked Fries	Green Beans
3/24/19	Carrots & Ranch Dip	Green Beans & Dinner Rolls	PINTO BEANS; Salsa & Sour Cream	Mixed Veggies	(Manager Choice- Carrot Coins)
4/28/19	Fresh Fruit (apple/org/banana ...)	Fresh Fruit (apple/org/banana ...)	Fresh Fruit (apple/org/banana ...)	Fresh Fruit (apple/org/banana ...)	
5/26/19	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk
Week (3)	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>
8/26/18	B. Berry or A. Cinnamon Muffins Loaves	Sausage Biscuit (OR)	Egg & Cheese Biscuit (OR)	Pancake Wrap	Breakfast Pizza (OR)
9/23/18	(OR) 2 Cereals	Oatmeal, Toast w/Jelly	2 Cereals	2 Cereals	Oatmeal, Toast w/Jelly
10/21/18	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit
11/25/18	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk
1/6/19	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>
2/3/19	Grilled Chix w/Bun	Italian Style Meatball Subs	Chix & Noodles	Salisbury Steak	Cheesy Chix
3/3/19	Glazed Carrots	Baked Apples	Green Peas	Mashed Potatoes	Sun Chips
4/7/19	Side Salad	Side Salad or Green Beans	Breadsticks	Green Beans & Dinner Roll	Broccoli
5/5/19	Fresh Fruit (apple/org/banana ...)	Fresh Fruit (apple/org/banana ...)	Peach Fruit Cup or Fresh Fruit	Fresh Fruit (apple/org/banana ...)	Pinto Beans; Apple or Orange
	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk
Week (4)	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>	<u>BREAKFAST</u>
9/3/18	Break. Chix Patty W/Biscuit (OR)	Scrambled Eggs w/ Ham (OR)	Pop Tarts (OR)	B. Berry or A. Cinnamon Muffins Loaves	Sausage Biscuits (OR)
9/30/18	2 Cereals	Oatmeal, Toast w/Jelly	2 Cereals	(OR) 2 Cereals	Oatmeal, Toast w/Jelly
10/28/18	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit	OJ or Apple Juice &/or Fresh Fruit
12/2/18	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk
1/13/19	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>	<u>LUNCH</u>
2/10/19	BBQ Chix Sliders	Chix Tenders w/Roll	Cheese Burger w/Bun	Baked Chix	Pizza
3/10/19	French Fries	French Fries	Baked Fries	Cheesy Mashed Potatoes	Corn
4/14/19	Mixed Veggies	Mixed Greens	<u>Green Beans</u>	Broccoli & Dinner Roll	Fruit Cup
5/12/19	Fresh Fruit (apple/org/banana ...)	Strawberry Cup or Fresh Fruit	Fresh Fruit (apple/org/banana ...)	Fresh Fruit (apple/org/banana ...)	(Manager Choice- Green Beans)
	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk	1% or Fat Free Chocolate Milk