

 **BREAKFAST**

 **LUNCH**

JANUARY 2023

Kansas School for the Deaf

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%)

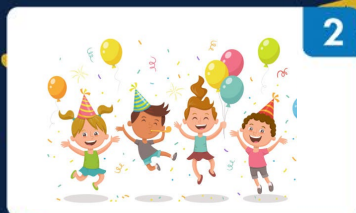
Monday

Tuesday

Wednesday

Thursday

Friday



2



3

PANCAKE ON A STICK
CHICKEN QUESADILLA
STEAMED BROCCOLI
GLAZED CARROTS
PINEAPPLE

4

WAFFLES W/ SYRUP
SPAGHETTI & MEAT SAUCE
W/ GARLIC BREAD
MIXED GREEN SALAD
GREEN BEANS
FROZEN JUICE CUP

5

BREAKFAST BURRITO
CRISPY CHICKEN SANDWICH
FRENCH FRIES
PEAS & CARROTS
FRUIT COCKTAIL

6

FRENCH TOAST STICKS
W/ SYRUP
MEATBALL SUB
WAFFLE FRIES
STEAMED CARROTS
GRAPES

9

BACON SCRAMBLE PIZZA
CHICKEN ALFREDO
W/ GARLIC BREAD
ITALIAN VEGETABLE BLEND
STRAWBERRIES

10

BISCUITS & GRAVY
BBQ PORK PATTY ON BUN
GLAZED CARROTS
ROASTED CAULIFLOWER
PEACHES

11

PANCAKES W/ SYRUP
BEEF, BEAN, CORN ENCHILADAS
REFRIED BEANS
SIDE SALAD
PEARS

12

OATMEAL/MUFFINS
LEMON PEPPER TILAPIA
SAUTEED SPINACH
RED POTATOES
BANANA

13



16

NO SCHOOL
MINI CINNAMON
CREAM CHEESE BAGELS
FIESTADA PIZZA
ROASTED CAULIFLOWER
GLAZED CARROTS
BAKED CINNAMON APPLES

17

EGG & POTATO
BREAKFAST BOAT
SALISBURY STEAK
W/ ROLL
MASHED POTATOES W/ GRAVY
SAUTEED ONIONS & PEPPERS
MANDARIN ORANGES

18

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

19

SAUSAGE, EGG & CHEESE
ENGLISH MUFFIN
SHREDDED PORK BBQ SANDWICH
MIXED GREEN SALAD
SCALLOPED POTATOES
TROPICAL FRUIT SALAD

20

SAUSAGE BREAKFAST PIZZA
MANDARIN ORANGE CHICKEN
VEGETABLE FRIED RICE
ORIENTAL VEGETABLES
PINEAPPLE

23

OATMEAL/DONUTS
BREADED BEEF FINGERS
MASHED POTATOES W/ GRAVY
GREEN BEANS
PEACHES

24

EGG & CHEESE BISCUIT
PIZZA
STEAMED BROCCOLI
APPLESAUCE
SHERBET CUP

25

PANCAKE ON A STICK
CHILI CHEESE FRITOS
VEGGIE STICKS
PEARS
CINNAMON ROLL

26

WAFFLES W/ SYRUP
FISH SANDWICH
GREEN BEANS
CREAMY COLESLAW
BANANA

27

SCRAMBLED EGGS
& TOAST
SLOPPY JOE ON BUN
ROASTED CAULIFLOWER
SWEET POTATO TOTS
PEARS

30

BREAKFAST PIZZA
TURKEY POT PIE
BISCUIT
STEAMED CARROTS
GRAPES

31

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.

Monday

Tuesday

Wednesday

Thursday

Friday



2



3

4
CHICKEN TENDERS
FRENCH FRIES
APPLESAUCE

4

5
PHILLY CHEESESTEAK
SANDWICH
VEGETABLE BLEND
ROASTED PEPPER & ONION
PEARS

5

6

6

9
LOADED BAKED POTATO W/ SLICED
HAM, BACON BITS, CHEESE, SOUR
CREAM, BROCCOLI,
BLACK BEANS, SALSA
APPLE CRISP W/ ICE CREAM

9

10
SHEPHERD'S PIE
MIXED VEGETABLES
FRUIT COCKTAIL

10

11
MACARONI & CHEESE
W/ LITTLE SMOKIES
SPINACH
GRAPES

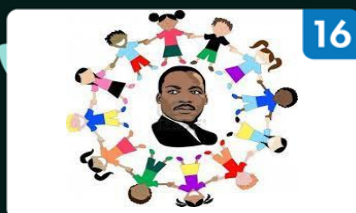
11

12
CHEESEBURGER ON BUN
CORN CHIPS
STEAMED CARROTS
PEARS

12

13

13



16

17
GRILLED CHEESE
TOMATO SOUP
CHIPS
MIXED FRUIT

17

18
CHICKEN NACHOS
LETTUCE, TOMATO, SALSA
CHEESE SAUCE
BEANS
FROZEN FRUIT CUP

18

19
SHRIMP POPPERS
FRIED RICE
STIR FRY VEGETABLES
PINEAPPLE

19

20

20

23
SPAGHETTI & MEATSAUCE
GARLIC BREAD
ITALIAN VEGETABLE BLEND
PEACHES

23

24
CHICKEN NOODLE SOUP
ROLL
CORN
GRAPES

24

25
MEATLOAF
BREAD & BUTTER
MACARONI & CHEESE
PEAS
MIXED FRUIT

25

26
OVEN-FRIED CHICKEN LEG
BREAD & BUTTER
MASHED POTATOES W/ GRAVY
STRAWBERRIES

26

27

27

30
SWEET & SOUR CHICKEN
VEGETABLE FRIED RICE
MIXED FRUIT SALAD

30

31
BEEF HOT DOG ON BUN
CHIPS
BAKED BEANS
FRUIT COCKTAIL

31

[Enter Additional Info]