

 **BREAKFAST**

 **LUNCH**

# OCTOBER 2020

Kansas School for the Deaf

## Monday



## Tuesday

## Wednesday

## Thursday

## Friday

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

Offered every day with lunch: Variety of additional vegetable and/or fruit and Milk (Skim or 1%)

Egg & Cheese Breakfast Taco  
Yogurt Tube **5**

French Bread Pizza w/ Marinara  
Green Beans  
Golden Corn  
Applesauce

Mini Waffles & String Cheese **12**

Popcorn Chicken Bowl w/ Assorted Bread  
Mashed Potatoes w/ Gravy  
Golden Corn  
Pears

Muffins & String Cheese **19**

Saucy Meatball Sub  
Green Beans  
Veggie Blend  
Fruit Cocktail

Muffins & String Cheese **26**

BBQ Pork Rib Sandwich  
Baked Beans  
French Fries  
Peaches

Nutrigrain Bar & Yogurt  
Giant Goldfish Grahams **6**

Beef, Bean & Corn Enchiladas  
Corn Tortilla Chips  
Garden Peas & Carrots  
Orange Slices

Sausage & Cheese  
on English Muffin **13**

BBQ Rib Sandwich  
Roasted Cauliflower  
Sweet Potato Tots  
Mixed Fruit Salad

Long John & Yogurt **20**

Mandarin Orange Chicken  
Vegetable Fried Rice  
Garden Peas  
Mixed Fruit Salad

Nutri-Grain Bars & Yogurt **27**

French Bread Pizza w/ Marinara  
Sweet Potato Tots  
Steamed Broccoli  
Grapes

Pop Tart & String Cheese  
Graham Cracker **7**

Crispy Chicken Sandwich  
Mixed Green Salad  
Steamed Carrots  
Pineapple

Cereal Bowl & Yogurt  
Giant Goldfish Grahams **14**

Chicken Alfredo w/ Breadstick  
Steamed Broccoli  
Steamed Carrots  
Orange Slices

Egg & Cheese on Biscuit  
Graham Crackers **21**

Cheeseburger  
Steak Fries  
Fresh Carrots w/ Ranch  
Pineapple

Bagel & Cream Cheese / Jelly  
Teddy Grahams **28**

French Toast Sticks  
Scrambled Eggs  
Hash Brown Triangles  
Orange Slices

Long John & String Cheese **1**

Beef & Bean Chili w/ Cinnamon Roll  
Veggie Blend  
Fruit Cocktail

Mini Pancakes & String Cheese  
Teddy Grahams **8**

Beef Hot Dog w/ Doritos  
French Fries  
Creamy Coleslaw  
Apple Slices

Bagel & Cream Cheese / Jelly  
Teddy Grahams **15**

Salisbury Steak w/ Dinner Roll  
Mashed Potatoes w/ Gravy  
Green Beans  
Grapes

Cereal Bowl & Yogurt  
Giant Goldfish Grahams **22**

Corndog  
Golden Corn  
Creamy Coleslaw  
Apple Slices

Cereal Bowl & String Cheese  
Giant Goldfish Grahams **29**

Spaghetti & Meat Sauce w/ Bread  
Green Beans  
Veggie Blend  
Fruit Cocktail

Egg & Cheese Breakfast  
Sandwich **2**

Hamburger  
Waffle Fries  
Steamed Carrots  
Orange Slices

Fruit Strudel & Yogurt **9**

Italian Chicken & Rice  
Cheesy Broccoli  
Roasted Sweet Potato  
Mixed Fruit Salad

Cinnamon Roll  
Breakfast Sausage **16**

Chicken Fajitas w/ Tomato Salsa  
Cheesy Refried Beans  
Golden Corn  
Banana

Cheese Omelet & Toast  
Yogurt Tube **23**

Hot Turkey & Cheese  
Mixed Green Salad  
Mashed Sweet Potatoes  
Mixed Fruit Salad

**30**

No School



# SUPPER

# OCTOBER 2020

Kansas School for the Deaf

Monday

Tuesday

Wednesday

Thursday

Friday



Offered every day with supper: Milk (Skim or 1%)

5

Oven-Fried Chicken  
Mashed Potatoes w/ Gravy  
Brussel Sprouts  
Ice Cream Bar

6

Grilled Cheese & Tomato Soup  
Mixed Vegetables  
Peaches

7

Philly Cheesesteak Sandwich  
Mixed Vegetables  
Pears

8

Tater Tot Casserole W/ Garlic Bread  
Mixed Green Salad  
White Cake

9

12

Beef Taco Salads  
Tortilla Chips  
Lettuce, Tomato, Salsa, Cheese  
Popsicle

13

Grilled Chicken Sandwich  
French Fries  
Fruit Cocktail

14

Shepherd's Pie  
Dinner Roll  
Veggie Blend  
Chocolate Pudding

15

Personal Pizzas  
Green Beans  
Orange Slices

16

19

Shredded Pork BBQ Sandwich  
Assorted Chips  
Glazed Carrots  
Orange Slices

20

Beef Lasagna w/ Garlic Bread  
Mixed Green Salad  
Jello Salad

21

Chicken Nachos  
Lettuce, Tomato, Salsa, Cheese  
Mexican Rice  
Cookie

22

Home-style Pepperoni Pizza  
Steamed Broccoli  
Ice Cream Bar

23

26

Oven-Fried Chicken Legs  
Sliced Bread  
Mashed Potatoes w/ Gravy  
Applesauce

27

Beef & Bean Chili  
Cinnamon Roll  
Veggie Blend  
Pears

28

Loaded Baked Potatoes  
Bacon Bits, Cheese, Sour Cream,  
Broccoli, Black Beans, Salsa  
Orange Slices

29

30