

## Kentucky School for Deaf 2022-2023

CYCLE DATES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
8/8 8/22 9/5 9/19 10/10 10/24 11/7 11/28 12/12 1/9 1/23 2/6 2/20 3/6 3/20 4/10 4/24 5/8	<b>Snack</b> Goldfish / Juice <b>Supper</b> Sub sandwich w/g bun WG Chips & salsa Fruitable Fruit cup Milk / cookie Mayo/mustard	<b>Snack</b> Chex cereal / Milk <b>Supper</b> Cheeseburger w/g bun Tater tots Let/tom/mayo/ket/must Fruit Roll Milk	<b>Snack</b> Bagel / Milk <b>Supper</b> Meatloaf Mashed potatoes Green beans w/g Roll raisins Milk	<b>Snack</b> Applesauce/raisins /Milk <b>Supper</b> Sloppy joe w/g bun French fries w/ketchup Mac & Chez Fruit cup Milk	<b>Snack</b> Annie's Grahams / Juice <b>Supper</b> Scrambled egg / sausage Hashbrown w/ketchup Fried apples w/g Biscuit Milk	<b>Breakfast is served with Fresh fruit, , 100% Juice, 1% White Milk or Non-fat Chocolate Milk.</b>  <b>Meal Option: Cereal</b>
8/15 8/29 9/12 9/26 10/17 10/31 11/14 12/5 1/02 1/16 1/30 2/13 2/27 3/13 3/27 4/17 5/1 5/15	<b>Snack</b> Grahams & PB / Juice <b>Supper</b> w/g Jammer sandwich Chips Veggie/ranch Fruitable Fresh fruit or applesauce Milk	<b>Snack</b> D&J Crackers/ Juice <b>Supper</b> Salisbury steak or turkey Mashed potatoes/gravy Green beans Roll Milk	<b>Snack</b> Yogurt/ Juice <b>Supper</b> Taco Pizza w/salsa Side salad/ranch Fruit Cup Milk	<b>Snack</b> Chex mix / Juice <b>Supper</b> Chicken tenders/ biscuit Baked Potato/butter SC Fruit cup Milk Bbq/ket	<b>Snack</b> Teddy Grahams / Juice <b>Supper</b> Spaghetti Veggie/ranch Corn on cob Fruit Breadstick Milk	<b>Lunch is served with choice 1% White Milk or fat free Chocolate Milk</b>  <b>Meal Option Mon and Tue Sack Lunch. Wednesday and Thursday Salad Variations.</b>
<b>Cycle dates</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
8/8 8/22 9/5 9/19 10/10 10/24 11/7 11/28 12/12 1/9 1/23 2/6 2/20 3/6 3/20 4/10 4/24 5/8	<b>Breakfast</b> w/g Muffin & yogurt <b>Lunch</b> Pizza Corn on cob Side salad/ranch Fresh fruit or fruit cup Milk Goldfish	<b>Breakfast</b> Sausage Biscuit <b>Lunch</b> Bosco sticks Marinara Broccoli Fresh fruit or applesauce Sun chips Milk	<b>Breakfast</b> w/gPancake wrap or cin <b>Lunch</b> Chicken sand/tend/roast Baked Potato butter/sc Baked beans Fresh fruit Milk bun /roll Let/tom/mayo/must/bbq	<b>Breakfast</b> Gravy & Biscuit sticks <b>Lunch</b> Spaghetti w/meat sauce Side salad/ranch Steamed carrots w/g breadstick Fresh fruit Milk	<b>Breakfast</b> w/g Breakfast Pizza <b>Lunch</b> w/g Burrito or taco pizza Tostitos w/Salsa/sour crm Refried beans Fruit cup milk	<b>Supper is served with choice 1% White Milk or Fat free Chocolate Milk.</b>
8/15 8/29 9/12 9/26 10/17 10/31 11/14 12/5 1/02 1/16 1/30 2/13 2/27 3/13 3/27 4/17 5/1 5/15	<b>Breakfast</b> w/g Donuts <b>Lunch</b> w/g Pizza Side salad/ ranch Corn Fresh fruit or strawberry cup Juice Milk	<b>Breakfast</b> Omelet & biscuit <b>Lunch</b> Chicken alfredo Peas Glazed carrots w/g breadstick Fresh fruit Milk	<b>Breakfast</b> Oatmeal & biscuit stick <b>Lunch</b> Cheeseburger w/g bun Peas Tater tots Mandarin oranges Let/tom/mayo/ket/must Milk	<b>Breakfast</b> Chicken Biscuit <b>Lunch</b> Chicken fajita w/tostitos or quesadilla Rice Salsa/sr cr/let/tom/chez Broccoli Fruit cup Milk	<b>Breakfast</b> w/g Breakfast Pizza <b>Lunch</b> Corndog Mac & Chez Veggies/ranch Fruitable w/g cookie Fresh fruit or fruit cup Milk	<b>Menu is subject to change due to product availability</b>