

Indiana School for the Blind and Visually Impaired

September 12, 2022 – September 16, 2022

MS/HS Menu

Monday Breakfast

Waffles and Sausage Link or Cereal and Yogurt, Assorted Fruit, Juice, Milk

Monday Lunch

Hot Dog on Bun or Soy Butter/Jelly, Mac and Cheese, Edamame, Peas and Carrots, Mixed Vegetable Applesauce, Fresh Fruit, Milk

Monday Dinner

Soft Shell Chicken Fajitas with Peppers and Onions, Spanish Rice, Corn on the Cob, Tossed Salad, Cobbler, Milk

Tuesday Breakfast

Cheesy Scrambled Egg and Whole Grain Biscuit or Cereal and Yogurt, Assorted Fresh Fruit, Juice, Milk

Tuesday Lunch

Popcorn Chicken or Cheeseburger or Soy Butter/Jelly, Potato Wedges, Spinach Salad, Mandarin Oranges, Fresh Fruit, Whole Grain Cookie, Milk

Tuesday Dinner

Homemade Pizza, Breadstick, Tossed Salad, Fruit Cup, Pudding, Milk

Wednesday Breakfast

Stuffed Bagels and Sausage Patty or Cereal and Yogurt, Assorted Fruit, Juice, Milk

Wednesday Lunch

Pizza or Soy Butter/Jelly, Cucumber Coins/Ranch, Corn, Diced Pineapple, Fresh Fruit, Milk

Wednesday Dinner

Loaded Nachos/Chips and Sour Cream, Tossed Salad, Carrot Sticks/Dip, Fresh Fruit, Baker's Choice Dessert, Milk

Thursday Breakfast

Turkey Sausage Gravy and Whole Grain Biscuit or Cereal and Yogurt, Assorted Fresh Fruit, Juice, Milk

Thursday Lunch

Turkey Corn Dog and Sun Chips or Deli Sub and Sun Chips or Soy Butter/Jelly, Steamed Broccoli, Carrot Sticks/Ranch, Cinnamon Baked Pears, Fresh Fruit, Milk

Thursday Dinner

Turkey Manhattan, Mashed Potatoes/Gravy, Vegetable, Tossed Salad, Fresh Fruit, Ice Cream Sundae, Milk

Friday Breakfast

Breakfast Burrito or Cereal and Yogurt, Assorted Fruit, Juice, Milk

Friday Lunch

Chicken Cheese Quesadilla or Deli Sandwich or Soy Butter/Jelly, Tortilla Chips/Salsa, Steamed Carrots, Fruit Cocktail, Fresh Fruit, Churros, Milk

Sunday (Meal in Dorm)

Turkey and Cheese on Bun, Tater Tots, Mixed Veggies, Apple Slices, Cookie, Milk

*****Menu subject to change. 100% Whole Grain at Breakfast. Soy Butter and Jelly sandwich offered as alternative choice at lunch upon request. This institution is an equal opportunity provider.**