

KEOKUK COMMUNITY SCHOOL DISTRICT

April 2017

Menu for High School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Fritter on Bun Potato Triangle Carrots Pears Cookie Milk 3	Chicken Fajita Wrap Cheese Salsa Chips Black Beans Romaine/Ranch Applesauce Cookie Milk 4	Cheeseburger on Bun Sweet Potato Fries Coleslaw Peach Crisp Raisins Milk 5	Pasta w/Meat Sauce Romaine/French Breadstick Banana Peaches Milk 6	Pancakes w/Syrup Hashbrown Sausage Patties Fresh Orange Apple Juice Milk 7
Walking Taco Cheese Beans Romaine Lettuce Peaches Churro Milk 10	Ham & Cheese Potato Triangle Mandarin Oranges Graham Cookie Milk 11	Turkey & Cheese on Bun French Fries Cherry Tomatoes Pineapple Wacky Cake Milk 12	Sloppy Joe on Bun Sweet Potato Fries Whole Kernel Corn Applesauce Cookie Milk 13	No School Milk 14
No School Snow Make-Up Day Milk 17	BBQ Pork on Bun Baked Beans Sweet Potato Fries Applesauce Milk 18	Chicken Strip French Fries Green Beans Breadstick Peaches Cookie Milk 19	Pork Chop Mashed Potatoes/Gravy Peas Cranberry Sauce 2 Slices WW Bread Milk 20	Chicken Nuggets Baked Sweet Potatoes Fresh Spinach/Ranch Pears Brownie Milk 21
Soft Shell Taco Refried Beans Diced Tomato Salsa Pineapple Cookie Milk 24	Pasta w/Meat Sauce Romaine/Ranch Breadstick Cucumber w/Ranch Peaches Milk 25	Meatball Sub Sandwich Triangle Potatoes Mozzarella Cheese Whole Kernel Corn Cherry Crisp Dried fruit Milk 26	Turkey & Noodles Mashed Potatoes Green Beans Mandarin Oranges Breadstick Milk 27	Sausage Patty Egg Patty Biscuit Hashbrown Apple Juice Fresh Orange Milk 28
<u>Daily Breakfast Menu:</u> Cereal- Assorted Toast (Sunbutter or Jelly) Fruit Juice Juice Milk			Fruit & Salad bar includes fruit (salad bar) & vegetable (fruit bar). Skim White or Skim Chocolate Milk Bagel or Crackers (fruit salad)	

<u>Alternative Line*</u>	* All alternative meals served with Romaine Salad with carrots and tomatoes, an orange, 1/2 cup fruit, and your choice of skim white or skim chocolate milk.
Monday: Spicy Chicken on Bun & French Fries	
Tuesday: Buffalo Chicken Flatbread & French Fries	
Wednesday: Spicy Chicken on Bun & French Fries	
Thursday: Stuffed Crust Pepperoni Pizza or French Bread Pizza and Garden Salad	
Friday: Chicken Patty on Bun & French Fries	

This institution is an equal opportunity provider.

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Breakfast Menu for High School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Bread Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 3	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Milk 4	Breakfast Pizza Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 5	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 6	Donut Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 7
Poptart Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 10	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 11	Waffle/Syrup Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 12	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 13	No School 14
No School Snow Day 17	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 18	Sausage & Egg Patty Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 19	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 20	Sweet Bread Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 21
Poptart Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 24	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 25	Pancake w/Syrup Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 26	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 27	Breakfast Burrito Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 28
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