

KEOKUK COMMUNITY SCHOOL DISTRICT

February 2017

Lunch Menu for High School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Daily Breakfast Menu:</u> See Page 2 Cereal- Assorted Toast (Sunbutter or Jelly) Juice Milk		Calzone w/Marinara Spinach w/French Whole Kernel Corn Banana Juice Milk	Spaghetti w/Meatballs Romaine/Ranch Breadstick Cucumber Peaches Milk	Cinnamon Roll Sausage Patty Egg Patty Hashbrown PB& Jelly Sandwich Apple Juice Fresh Orange Milk
Walking Taco Romaine Lettuce Cheese Beans Dried Fruit Churro Milk	Chicken Patty on Bun Sweet Potato Fries Peas Mixed Fruit Raisins Milk	Hotdog on Bun Tator Tots Fresh Carrots Fruit Crisp Applesauce Milk	Salisbury Steak Mashed Potatoes/Gravy Broccoli Peaches 2 Slices WW Bread Milk	Chicken Strips Triangle Potatoes Cherry Tomatoes Celery w/Ranch Pineapple Cookie Milk
Nacho Beef & Cheese Beans Diced Tomato Salsa Strawberries Sunshine Cake Milk	Pizza Romaine/French Fresh Veggies Peaches Milk	Ham & Cheese on Bun Sweet Potato Tots Spinach w/Ranch Whole Fruit Sherbet Tropical Fruit Milk	Chicken Nuggets Mashed Potatoes/Gravy Carrots Pears Dinner Roll Milk	Chili Cheese Fresh Baby Carrots Applesauce Cup Cinnamon Roll Dried Fruit Milk
No School Snow Make-Up Day Milk	Pancakes w/Syrup Triangle Potato Egg Patty Sausage Patty Juice Fresh Orange Milk	Pork Fritter on Bun Tiny Triangle Potatoes Carrots Mixed Fruit Cookie Milk	Pasta w/Meat Sauce Romaine/French Breadstick Banana Applesauce Cup Milk	Cheeseburger on Bun French Fries Coleslaw Fruit Crisp Raisins Milk
Walking Taco Cheese Beans Romaine Lettuce Peaches Churro Milk	Orange Chicken Brown Rice Broccoli Mandarin Oranges Fortune Cookie 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> 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		*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.		

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Breakfast Menu for High School

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Pancakes w/Syrup Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Breakfast Burrito Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk
Banana Bread Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Breakfast Pizza Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Donut Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk
Poptart Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Waffle/Syrup Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Pancake on a stick Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk
Banana Bread Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Sausage & Egg Patty Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Donut Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk
Poptart Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk			This institution is an equal opportunity provider.