

KEOKUK COMMUNITY SCHOOL DISTRICT

Menu Subject to Change

January 2017 Menu for High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Breakfast Menu: Cereal- Assorted Toast (Sunbutter or Jelly) Fruit Juice Milk			Pizza Romaine/Ranch Fresh Baby Carrots Peaches Milk	Nacho Beef & Cheese Beans Diced Tomato Salsa Strawberries Applesauce Cake Milk
Cheeseburger on Bun Sweet Potato Tots Coleslaw Fruit Crisp Raisins Milk	Pancakes w/Syrup Hash Brown Egg Patty Sausage Orange Juice Milk	Pork Fritter on Bun Tiny Triangle Potatoes Carrots Mixed Fruit Cookie Milk	Pasta w/Meat Sauce Romaine Salad/French Breadstick Banana Dried Fruit Milk	Chicken Fajita Wrap Cheese Baked Chips Romaine/Ranch Salsa Black Beans Applesauce Cup Cookie Milk
No School MLK Day	Orange Chicken Brown Rice Broccoli Mandarin Oranges Fortune Cookie Milk	Pizza Romaine/French Fresh Baby Carrots Pears Whole Fruit Sherbet Milk	Sloppy Joe on Bun Sweet Potato Fries Whole Kernel Corn Applesauce Cookie Milk	Walking Taco Cheese Beans Romaine Lettuce Peaches Churro w/Filling Milk
BBQ Rib on Bun Baked Beans Sweet Potato Fries Applesauce Milk	Chicken Nuggets AuGratin Potatoes Spinach/Ranch Pears Sunshine Cake Milk	Corndog Sweet Potato Tots Green Beans Peaches Cookie Milk	Pork Chop Mashed Potatoes/Gravy Peas Fruit Cocktail 2 Slices WW Bread Milk	Soft Shell Taco Romaine Lettuce Salsa Cheese Cheddar Munchers Applesauce Churro Milk
Quesadilla Refried Beans Rice Diced Tomato Salsa Pineapple Cookie Milk	Beef & Noodles Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges Milk		Fruit & Salad bar includes fruit (salad bar) & vegetable (fruit bar). Skim White or Skim Chocolate Milk Bagel or Crackers (fruit salad)	

<p>Alternative Line*</p> <p>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</p>	<p>* 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.</p>
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