

KEOKUK COMMUNITY SCHOOL DISTRICT

March 2017

Lunch Menu for High School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit & Salad bar includes fruit (salad bar) & vegetable (fruit bar). Skim White or Skim Chocolate Milk Bagel or Crackers (fruit salad)		Hot Ham & Cheese on Bun French Fries Cherry Tomatoes Pineapple Wacky Cake Milk	Sloppy Joe on Bun Sweet Potato Fries Whole Kernel Corn Applesauce Cookie Milk	Pizza Romaine/French Fresh Baby Carrots Pears Milk
Soft Shell Taco Romaine Lettuce Cheese Cheddar Munchers Applesauce Churro Milk	Chicken Nuggets Sweet Potatoes Fresh Spinach/Ranch Pears Sunshine Cake Milk	Chicken Strips Sweet Potato Fries Green Beans Peaches Cookie Milk	Pork Chop Mashed Potatoes/Gravy Peas Fruit Cocktail 2 Slices WW Bread Milk	BBQ Pork on Bun Baked Beans Sweet Potato Fries Applesauce Milk
Chicken Fajita Rice Refried Beans Diced Tomato Salsa Pineapple Cookie Milk	Turkey & Noodles Mashed Potatoes Green Beans Mandarin Oranges Fruit Pie Milk	Pizza Whole Kernel Corn Romaine w/French Fruit Crisp Banana Milk	Spaghetti w/Meat Sauce Romaine/Ranch Breadstick Cucumber w/Ranch Peaches Milk	Waffle w/Syrup Sausage Egg Patty Hashbrown Apple Juice Fresh Orange Milk
Walking Taco Lettuce Cheese Beans Craisins Churro Milk	Parent-Teacher Conf. Breakfast Only	No School March 22-24th Spring Break		
Pizza Romaine/Ranch Fresh Veggies Peaches Milk	Nacho Beef & Cheese Beans Diced Tomato Salsa Strawberries Sunshine Cake Milk	Meatball Sub/ Mozz Cheese Sweet Potato Fries Fresh Spinach/Ranch Tropical Fruit Whole Fruit Sherbet Milk	Chili Cheese Fresh Baby Carrots Applesauce Cup Cinnamon Roll Dried Fruit Milk	Chicken Nuggets Potato Triangle Carrots Pears Dinner Roll Milk
<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.		<u>Daily Breakfast Menu:</u> Cereal- Assorted Toast (Sunbutter or Jelly) Fruit Juice Juice Milk

This institution is an equal opportunity provider.

KEOKUK COMMUNITY SCHOOL DISTRICT

March 2017

Breakfast Menu for High School

Menu Subject to Change

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	No School	Spring Break	Spring Break
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.