

KEOKUK COMMUNITY SCHOOL DISTRICT

May 2017

Menu for High School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Walking Taco Lettuce Cheese Garbanzo Beans Mixed Fruit Churro Milk 1	Chicken Patty on Bun Sweet Potato Fries Cowboy Beans Peaches Milk 2	BBQ Rib on Bun French Fries Carrots Fruit Crisp Applesauce Cup Milk 3	Chicken Nuggets Mashed Potatoes/Gravy Green Beans Pears 2 Slices WW Bread Milk 4	Chicken Strips Sweet Potato Fries Cherry Tomatoes Celery Pineapple Milk 5
Pizza Romaine w/French Carrotinis Peaches Milk 8	Nacho Beef & Cheese Beans Diced Tomato Salsa Applesauce Cup Cake Milk 9	Turkey & Cheese on Bun French Fries Spinach/Ranch Cinnamon Baked Apples Whole Fruit Sherbet Milk 10	Baked Potato Diced Ham Cheese Broccoli Pears Breadstick Milk 11	Chicken & Noodles Mashed Potatoes Green Beans Mixed Fruit Dinner Roll Cookie Milk 12
Chicken Patty on Bun Sweet Potato Fries Baked Beans Applesauce Milk 15	Meatball Sub Sandwich Potato Triangle Coleslaw Fruit Crisp Dried Fruit Milk 16	Pork Fritter on Bun Sweet Potato Fries Whole Kernel Corn Banana Cookie Milk 17	Pancake/Syrup Hash Brown Sausage Fresh Orange Apple Juice Milk 18	Chicken Fajita Wrap Lettuce Cheese Beans Salsa Baked Chips Applesauce Cookie Milk 19
Pasta w/Meat Sauce Romaine w/Ranch Whole Kernel Corn Mixed Fruit Breadstick Milk 22	Cheeseburger on Bun Sweet Potato Fries BBQ Beans Mandarin Oranges Graham Cookie Milk 23	Ham & Cheese on Bun Baked Chips Carrotinis Applesauce Cup Whole Fruit Sherbet Milk 24	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.		

This institution is an equal opportunity provider.

KEOKUK COMMUNITY SCHOOL DISTRICT

May 2017

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 1	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Milk 2	Breakfast Pizza Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 3	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 4	Donut Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 5
Poptart Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 8	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 9	Waffle/Syrup Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 10	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 11	Pancake on a Stick Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 12
Donut Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 15	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 16	Sausage & Egg Patty Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 17	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 18	Sweet Bread Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 19
Pancake w/Syrup Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 22	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 23	Poptart Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk 24		
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