

# KEOKUK COMMUNITY SCHOOL DISTRICT

## October 2017

### Menu for High School

\*Menu Subject to Change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soft Shell Taco Romaine Lettuce Cheese Salsa Cheddar Munchers Applesauce Churro Milk <span style="float: right;">2</span>	Chicken Nuggets AuGratin Potatoes Fresh Spinach/Ranch Cherry Tomatoes Pears Sunshine Cake Milk <span style="float: right;">3</span>	Corndog Sweet Potato Crosstrax Green Beans Peaches Cookie Milk <span style="float: right;">4</span>	Pork Chop Mashed Potatoes/Gravy Peas Fruit Cocktail 2 Slices WGR Bread Milk <span style="float: right;">5</span>	BBQ Rib on Bun Baked Beans Sweet Potato Fries Fresh Fruit Milk <span style="float: right;">6</span>
Crispito String Cheese Triangle Potatoes Whole Kernel Corn Fresh Orange Apple Crisp Churro Milk <span style="float: right;">9</span>	Nacho Beef & Cheese Beans Diced Tomato Salsa Strawberries Sunshine Cake Milk <span style="float: right;">10</span>	Pizza Romaine/Ranch Cherry Tomatoes Peaches Whole Fruit Sherbet Milk <span style="float: right;">11</span>	Waffle w/Syrup Sausage Patty Egg Patty Hashbrown Potato Apple Juice Fresh Orange Milk <span style="float: right;">12</span>	Chili Cinnamon Roll Crackers Cheese Fresh Baby Carrots Applesauce Cup Dried Fruit Milk <span style="float: right;">14</span>
Walking Taco Romaine Lettuce Salsa Cheese Beans Dried Fruit Churro Milk <span style="float: right;">16</span>	Chicken Patty on Bun French Fries Peas Pears Milk <span style="float: right;">17</span>	Hotdog on Bun Sweet Potato Crosstrax Fresh Carrots Fruit Crisp Applesauce Milk <span style="float: right;">18</span>	Early Dismissal Parent-Teacher Conf.  Breakfast Only!  Milk <span style="float: right;">19</span>	No School    Milk <span style="float: right;">20</span>
Cheeseburger on Bun Baked Beans Coleslaw Peach Crisp Raisins Milk <span style="float: right;">23</span>	Pancakes w/Syrup Sausage Patty Egg Patty Hashbrown Fresh Orange Apple Juice Milk <span style="float: right;">24</span>	Pork Fritter on Bun Sweet Potato Fries Carrots Mixed Fruit Cookie Milk <span style="float: right;">25</span>	Pasta w/Meat Sauce Romaine/French Breadstick Banana Peaches Milk <span style="float: right;">26</span>	Chicken Fajita Wrap Cheese Black Beans Salsa Romaine/Ranch Applesauce Cup Baked Chips Cookie Milk <span style="float: right;">27</span>
Beef Walking Taco Salsa Romaine Lettuce Cheese Beans Dried Fruit Churro Milk <span style="float: right;">30</span>	Chicken & Noodles Mashed Potatoes Whole Kernel Corn Mandarin Oranges Dinner Roll Milk <span style="float: right;">31</span>	<u>Daily Breakfast Menu:</u> Cereal- Assorted Toast (Sunbutter or Jelly) Fruit Juice Milk	<u>Fruit and Salad Bar offered Daily!</u> Fruit & Salad bar includes fruit (salad bar) & vegetable (fruit bar). Skim White or Skim Chocolate Milk Bagel or Crackers (fruit salad)	

Alternative Line\*

Monday: Stuffed Crust Pepperoni Pizza  
 Tuesday: Chicken Patty/Bun, Fries  
 Wednesday: Spicy Chicken Patty/Bun, Fries  
 Thursday: Buffalo Chicken/Flatbread, Fries  
 Friday: Spicy Chicken Patty, 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.

USDA is an equal opportunity provider.