

# KEOKUK COMMUNITY SCHOOL DISTRICT

## January 2017

\*Menu subject to change\*

### Menu for Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Daily Breakfast Menu:</b> Cereal- Assorted Toast (Sunbutter or Jelly) Fruit Milk                      Juice			Pizza Romaine/Ranch Fresh Baby Carrots Peaches  Milk	Nacho Beef & Cheese Beans Diced Tomato Salsa Strawberries Applesauce Cake Milk
Cheeseburger on Bun Sweet Potato Fries Coleslaw Fruit Crisp Raisins  Milk	Pancakes w/Syrup Hash Brown Egg Patty Sausage Orange  Milk	Pork Fritter on Bun Tiny Triangle Potatoes Carrots Mixed Fruit Cookie  Milk	Pasta w/Meat Sauce Romaine Salad/French Breadstick Banana  Milk	Chicken Fajita Wrap Cheese Baked Chips Romaine/Ranch Salsa Black Beans Applesauce Cup Cookie Milk
No School MLK Day  Milk	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  Milk	Pork Chop Mashed Potatoes/Gravy Peas Fruit Cocktail 1 Slice WW Bread Milk	Soft Shell Taco Romaine Lettuce Salsa Cheese Cheddar Munchers Applesauce Churro Milk
Quesadilla Refried Beans Diced Tomato Salsa Pineapple Cookie Milk	Beef & Noodles Mashed Potatoes Green Beans Dinner Roll Mandarin Oranges Milk		*Fruit Bar and Salad Bar Offered Daily*	
			Fruit Salad Comes With: Milk Vegetable Bagel or Crackers	Chef Salad Comes With: Ham, Chicken or Egg Garbanzo or Black Beans Ranch or French Dressing Breadstick, Crackers, Milk

This institution is an equal opportunity provider.