

KEOKUK COMMUNITY SCHOOL DISTRICT

March 2017

Menu subject to change

Menu for Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Bar and Salad Bar Offered Daily				
Fruit Salad Comes With: Milk Vegetable	Chef Salad Comes With: Ham, Chicken or Egg Garbanzo or Black Beans Breadstick, Crackers, Milk	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 Milk	Pork Chop Mashed Potatoes/Gravy Peas Fruit Cocktail 1 Slice WW Bread Milk	BBQ Pork on Bun Baked Beans Sweet Potato Fries Applesauce Milk
Chicken Fajita Refried Beans Diced Tomato Salsa Pineapple Cookie	Turkey & Noodles Mashed Potatoes Green Beans Mandarin Oranges Fruit Pie Milk	Pizza Whole Kernel Corn Romaine/French Fruit Crisp Milk	Spaghetti w/Meat Sauce Romaine/Ranch Breadstick Cucumber w/Ranch Peaches Milk	Waffle w/Syrup Sausage Egg Patty Hashbrown Apple Juice Milk
Walking Taco Lettuce Cheese Beans Craisins Churro	Parent-Teacher Conf. Breakfast Only Milk	No School March 22-24th Spring Break Milk		
Pizza Romaine/Ranch Fresh Veggies Peaches Milk	Nacho Beef & Cheese Beans Diced Tomato Salsa Strawberries Sunshine Cake Milk	Meatball Sub w/Mozz Cheese Sweet Potato Fries Fresh Spinach/Ranch Tropical Fruit Whole Fruit Sherbet Milk	Chili Cheese Fresh Baby Carrots Applesauce Cup Cinnamon Roll Milk	Chicken Nuggets Potato Triangle Carrots Pears Dinner Roll Milk
This institution is an equal opportunity provider.				<u>Daily Breakfast Menu:</u> Cereal- Assorted Toast (Sunbutter or Jelly) Fruit Milk Juice