

# KEOKUK COMMUNITY SCHOOL DISTRICT

## October 2017

\*Menu subject to change\*

### Menu for Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soft Shell Taco Romaine Lettuce Cheese Salsa Cheddar Munchers Applesauce Churro Milk 2	Chicken Nuggets AuGratin Potatoes Fresh Spinach/Ranch Pears Sunshine Cake Milk 3	Corndog Sweet Potato Crosstrax Green Beans Peaches Milk 4	Pork Chop Mashed Potatoes/Gravy Peas Fruit Cocktail 1 Slice WGR Bread Milk 5	BBQ Rib on Bun Baked Beans Sweet Potato Fries Fresh Fruit Milk 6
Crispito Triangle Potatoes String Cheese Whole Kernel Corn Apple Crisp Churro Milk 9	Nacho Beef & Cheese Beans Diced Tomato Salsa Strawberries Sunshine Cake Milk 10	Pizza Romaine/Ranch Cherry Tomatoes Peaches Whole Fruit Sherbet Milk 11	Waffle w/Syrup Sausage Patty Egg Patty Hashbrown Potato Apple Juice Milk 12	Chili Crackers Cheese Fresh Baby Carrots Applesauce Cup Cinnamon Roll Milk 13
Walking Taco Romaine Lettuce Salsa Cheese Beans Dried Fruit Churro Milk 16	Chicken Patty on Bun French Fries Peas Pears Milk 17	Hotdog on Bun Sweet Potato Crosstrax Fresh Carrots Fruit Crisp Milk 18	Early Dismissal Parent-Teacher Conf.  Breakfast Only!  Milk 19	No School    Milk 20
Cheeseburger on Bun Baked Beans Coleslaw Peach Crisp Raisins Milk 23	Pancakes w/Syrup Sausage Patty Egg Patty Hashbrown Potato Fresh Orange Milk 24	Pork Fritter on Bun Sweet Potato Fries Carrots Mixed Fruit Cookie Milk 25	Pasta w/Meat Sauce Romaine/French Breadstick Banana Milk 26	Chicken Fajita Wrap Cheese Black Beans Salsa Romaine/Ranch Applesauce Cup Baked Chips Cookie Milk 27
Beef Walking Taco Salsa Romaine Lettuce Cheese Beans Dried Fruit Churro Milk 30	Chicken & Noodles Mashed Potatoes Whole Kernel Corn Mandarin Oranges Dinner Roll Milk 31	<u>Daily Breakfast Menu:</u> Cereal- Assorted Toast (Sunbutter or Jelly) Fruit Juice Milk	<u>*Fruit Bar and Salad Bar Offered Daily*</u>	
			Fruit Salad Comes With: Milk Vegetable Bagel or Crackers	Chef Salad Comes With: Ham, Chicken or Egg Garbanzo or Black Beans Italian/Ranch/French Breadstick, Crackers, Milk

USDA is an equal opportunity provider.