

# Keokuk Elem, Pre-K, & Catholic School



## April 2021



### Where do baby apes sleep?

In apricots!



Spring Break Apr1-2  
April 4<sup>th</sup>- Nat'l Carrot Day  
April 17<sup>th</sup>- Healthy Kids Day  
April 22<sup>nd</sup>- Earth Day  
April 23<sup>rd</sup>- Nat'l Picnic Day  
April 30<sup>th</sup>- Nat'l Zucchini  
Bread Day

Mondays- No Pre-K  
April 5<sup>th</sup>- No Keokuk Catholic,  
PLC Day

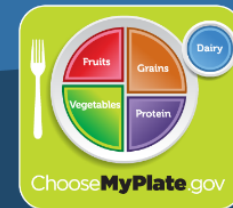
### What am I?

I am a red or black fruit that  
can stain your hands when you  
eat me. I grow on bushes and I  
taste good on your cereal.

blackberries/raspberries

This institution is an equal  
opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SBJ Sandwich Vegetable Juice Carrots Applesauce Cup  Milk 5	Beef Walking Taco Cheese Salsa Beans Romaine Rice Peaches Milk 6	Chicken Nuggets Mashed Potatoes/Gravy Broccoli Dinner Roll Pears Milk 7	Sloppy Joe/Bun Sw. Potato Crosstrax Green Beans  Milk 8	Pork Chop Mashed Potatoes/Gravy Corn Fruit Cocktail WGR Bread Milk 9
Turkey Sandwich Vegetable Juice Baby Carrots Apple Slices  Milk 12	Mozz Sticks Marinara Corn Celery Peaches Milk 13	Grilled Cheese Baby Carrots Baked Beans Applesauce  Milk 14	Teriyaki Chicken Rice Broccoli Vegetable Juice Mandarin Oranges Cookie Milk 15	Pizza Romaine/Ranch Cherry Tomatoes Whole Fruit Sherbet Milk 16
Ham & Cheese Sandwich Vegetable Juice Carrots Mixed Berry Cup  Milk 19	Chix Walking Taco Romaine Lettuce Salsa Cheese Beans Dried Cherries Animal Crackers Milk 20	Meatball Sub Baked Beans Celery Fruit Crisp  Milk 21	Chicken Nuggets Mashed Potatoes/Gravy Broccoli Peaches WGR Bread Milk 22	Chicken Strips Sw. Potato Crosstrax Cherry Tomatoes Pineapple WG Bread Cookie Milk 23
PBJ or SBJ Sandwich Vegetable Juice Baby Carrots Apple  Milk 26	Cheeseburger on Bun French Fries Baked Beans Peaches Milk 27	Pancakes or French Toast Country Potatoes Sausage Egg Vegetable Juice Banana Milk 28	Pork Fritter on Bun Celery w/PB or SB Corn Mixed Fruit  Milk 29	Pasta w/Mt. Sauce Cheesy Breadsticks Spinach/Ranch Cucumbers Mandarin Oranges Milk 30
Menu subject to change				



A nutrient is something found in food that gives us energy to play hard, strengthening our bones and muscles, keeping us healthy, keeping our skin glowing. Examples of nutrients: Folate, Vitamin C, Vitamin A, Carbohydrate, Iron, Potassium, Fats, Protein, and Fiber.

