

# Keokuk CSD Elementary Menu

## August 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### How do you fix a broken tomato?

Tomato paste

Welcome Back!

Menu Subject to Change

### What am I?

I'm a beautiful red fruit that grows in early summer. I taste sweet and you can eat me in a smoothie, in your cereal, or all by myself.

Strawberry

This institution is an equal opportunity provider.

Soft Shell Taco Cheese Romaine Salsa Beans Applesauce Cup Milk 23	Chicken Nuggets Potato Crosstrax Spinach/Ranch Cherry Tomatoes Pears Sunshine Cake Milk 24	Corndog Baby Carrots Vegetable Juice Peach Cup Milk 24	Pork Chop Mashed Potatoes Gravy Peas Fruit Cocktail 1 Sl WG Bread Milk 26	BBQ Rib on Bun Baked Beans Coleslaw Apple Milk 27
Crispito Triangle Potatoes Corn Fresh Fruit Milk 30	Nacho Beef & Cheese Salsa Beans Celery Peaches Milk 31			



As a family create caterpillar kabobs! Assemble chunks of melon, apple, orange and pear on skewers for a fruity kabob. For a veggie version, try zucchini, cucumber, sweet peppers, or tomatoes.

