

# Keokuk CSD Elementary Menu

## December 2018



**What's a penguin's favorite salad?**

Iceberg lettuce

December 17<sup>th</sup>- National Maple Syrup Day

December 21<sup>st</sup>- National Hamburger Day

December 24<sup>th</sup>-January 4<sup>th</sup>- Winter Vacation

**What am I?**

I'm a vegetable that grows under the ground and has a green top. Eating me helps you have good eyesight.

Carrot

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger French Fries Carrots Peaches  Milk 3	Biscuit Sausage Patty Egg Hashbrown Vegetable Juice Pear Milk 4	Pork Fritter/Bun Sw. Potato Fries Coleslaw Mixed Fruit Cookie  Milk 5	Pasta w/Meat Sauce Romaine/French Breadstick Peaches  Milk 6	Hotdog on Bun Baked Beans Tator Tots Applesauce  Milk 7
Chicken Walking Taco Romaine Cheese Salsa Beans Dry Fruit Animal Crackers  Milk 10	Baked Turkey Mashed Potatoes Gravy Green Beans Cranberry Sauce Cake Dinner Roll Milk 11	Meatball Sub Sw Potato Crosstrax Baby Carrots Fruit Crisp  Milk 12	Chicken Patty/Bun French Fries Broccoli Mixed Fruit  Milk 13	Chicken Strips Potato Triangles Cherry Tomatoes Pineapple Cookie  Milk 14
Waffle w/Syrup Sausage Patty Egg Hashbrown Vegetable Juice Pear Milk 17	Nacho/Beef & Cheese Beans Diced Tomato Salsa Strawberries Wacky Cake  Milk 18	Pizza Romaine/Ranch Cherry Tomatoes Peaches Sherbet  Milk 19	Taco Soup Tortilla Chips Baby Carrots Mozzarella Stick Cinnamon Roll Dry Fruit Apple Milk 20	Hamburger/Bun French Fries Corn Applesauce Cup  Milk 21
No School  24	No School  25	No School  26	No School  27	No School  28
No School  31			Alternative B Lunch: Sunbutter & Jelly Sandwich, Raisins, Baby Carrots and Milk. Must be ordered in advance.	Alternative B Lunch available daily. This meal is \$1.25 regardless of free or reduced eligibility. This doesn't qualify as a free/reduced reimbursable meal.



Vary your veggies. Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.

