

Keokuk CSD Elementary Menu



February 2020



Why is it not wise to tell secrets in a cornfield?

There are too many ears!

February 4th- National Soup Day

February 14th- Valentine's Day

February 27th- National Strawberry Day

February 27th- National Chili Day

What am I?

I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet.

Beets

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispito Sweet Potato Crosstrax Corn Banana Milk 3	Nacho Beef & Cheese Beans Romaine Salsa Peaches Milk 4	Pizza Crunchers Marinara Romaine/Ranch Cherry Tomatoes Strawberries Milk 5	Chili Cheese Crackers Baby Carrots Cinnamon Roll Applesauce Cup Milk 6	Pancakes Country Potatoes Egg Vegetable Juice Fresh Fruit Milk 7
No School Inservice Day 10	Chicken Patty/Bun Sweet Potato Fries Mixed Vegetables Mixed Fruit Cup Milk 11	Turkey Sub Sw. Potato Crosstrax Baby Carrots Fruit Crisp Milk 12	Breakfast Only Parent/Teacher Conf. Day 13	No School Snow Make Up Day 14
President's Day No School Snow Make Up Day 17	Cheeseburger French Fries Baby Carrots Peaches Milk 18	Pork Fritter/Bun Baked Beans Coleslaw Mixed Fruit Milk 19	Spaghetti w/Meat Sauce Spinach/Ranch Breadstick Apricots Milk 20	Ham & Cheese on a Bun Sweet Potato Fries Corn Applesauce Milk 21
Beef Walking Taco Cheese Beans Salsa Romaine Peaches Milk 24	Turkey & Noodles Mashed Potatoes Broccoli Sherbet Milk 25	Breaded Fish on a Bun French Fries Cherry Tomatoes Pineapple Milk 26	Mandarin Orange Chicken Rice Sweet Pea Pods Carrotinis Applesauce Cup Milk 27	Cheese Pizza Romaine/French Carrots Apple Slices Milk 28
			Alternative lunch is \$1.25 regardless of free or reduced status. This doesn't qualify as a free/reduced reimbursable meal.	Alt Lunch: Sun butter & Jelly Sandwich, Raisins, Baby carrots & milk. Alt Lunch is available daily but must be ordered in advance.



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

