

Keokuk Elementary & Pre-K Menu

**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.



February 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chix Patty/Bun French Fries Romaine/Ranch Baked Apples	Turkey on Bun Cherry Tomatoes Cauliflower Peaches	Ham & Beans Cornbread Carrots Celery Applesauce Cup	PBJ Sandwich Veggie Juice Baby Carrots Mixed Berry Cup
1	Milk 2	Milk 3	Milk 4	Milk 5
	French Toast Syrup Sausage Potato Triangle Veggie Juice Orange	Ham & Cheese/Bun Cucumber Cherry Tomatoes Applesauce Cup	Beef Soft Taco Romaine Cheese Refried Beans Pears	PBJ Sandwich Broccoli Carrots Raisins Cookie
8	Milk 9	Milk 10	Milk 11	Milk 12
President's Day	Turkey/Gravy Mashed Potatoes Green Beans Mixed Fruit WG Bread Cookie	Pancakes Eggs Vegetable Juice Sweet Peppers Orange	Chicken Drumsticks Crosstrax Broccoli Strawberries Dinner Roll	Grilled Cheese Tator Tots Baked Beans Peaches
15	Milk 16	Milk 17	Milk 18	Milk 19
PBJ (or sunbutter) Sandwich String Cheese Vegetable Juice Celery Fruit Cup Graham Cookies	BBQ Rib on Bun French Fries Cooked Carrots Diced Pears	Cheeseburger on Bun Sw Potato Fries Baked Beans Peaches	Mini Corn Dogs Tator Tots Green Beans Applesauce	Cheese Pizza Romaine/Ranch Cherry Tomatoes Pineapple
Milk 22	Milk 23	Milk 24	Milk 25	Milk 26
Menu Subject to Change				



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.

