

Keokuk CSD Elementary Menu



February 2019



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

There are too many ears!

February 4th- National Soup Day

February 27th- National Strawberry Day

February 28th- National Chili Day

Rev. 2/7/19

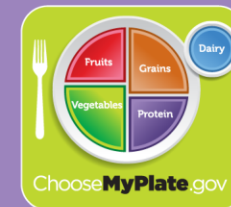
What am I?

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
<p><i>Alternative lunch is \$1.25 regardless of free or reduced status. This doesn't qualify as a free/reduced reimbursable meal.</i></p> <p>Blueberry Pancakes Sausage Patty Egg Hashbrown Vegetable Juice Pear Milk 4</p>	<p><i>Alt Lunch: Sun butter & Jelly Sandwich, Raisins, Baby carrots & milk. Alt Lunch is available daily but must be ordered in advance.</i></p> <p>Cheeseburger French Fries Coleslaw Baked Cinnamon Apples Milk 5</p>		<p>No School Inclement Weather</p> <p>31</p>	<p>Chicken Strips Potato Triangle Carrotinis Pineapple Cookie Milk 1</p>
<p>Soft Shell Taco Romaine/Cheese Salsa Cheddar Munchers Craisins Churro Milk 11</p>	<p>Pork Chop Mashed Potatoes Gravy Carrots Cranberry Sauce 1 Slice WW Bread Milk 12</p>	<p>No School Inclement Weather</p> <p>Milk 6</p>	<p>Chicken Strip Wrap Romaine Cheese Baked Chips Beans Applesauce Milk 7</p>	<p>Hotdog on Bun Sw. Potato Crosstrax Green Beans Peaches Milk 8</p>
<p>Pizza Romaine/French Baby Carrots Pears Sherbet Milk 18</p>	<p>Cheeseburger French Fries Coleslaw Fruit Crisp Milk 19</p>	<p>Beef Walking Taco Romaine Cheese Beans Peaches Bug Bite Grahams Milk 13</p>	<p>Ham & Cheese on Bun French Fries Cherry Tomatoes Pineapple Milk 14</p>	<p>Chicken Nuggets Mashed Potatoes Gravy Green Beans Fresh Orange Dinner Roll Milk 15</p>
<p>Crispito Potato Triangle String Cheese Corn Fresh Apple Milk 25</p>	<p>Nacho Beef & Cheese Beans Diced Tomato Salsa Peaches Bug Bite Grahams Milk 26</p>	<p>Pork Fritter on Bun Sw. Potato Fries Carrots Mixed Fruit Cookie Milk 20</p>	<p>Pancakes/Syrup Sausage Patty Egg Hashbrown Vegetable Juice Pear Milk 21</p>	<p>Chicken Wrap Romaine Cheese Ranch Baked Chips Blackbean Salsa Applesauce Milk 22</p>
		<p>Pizza Romaine/Ranch Cherry Tomatoes Sherbet Craisins Milk 27</p>	<p>Chili Cheese Crackers Baby Carrots Applesauce Cinnamon Roll Milk 28</p>	



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.

