

# Keokuk CSD Elementary & Pre-K Menu



## January 2021



**Where do  
baby apes  
sleep?**

In apricots!



- Jan 1<sup>st</sup> Winter Vacation
- Jan 28<sup>th</sup>- Martin Luther King Jr. Day
- January 1<sup>st</sup>- Nat'l Black Eyed Pea Day
- January 11<sup>th</sup>- Nat'l Milk Day
- January 27<sup>th</sup>- Nat'l Chocolate Cake Day
- January 28<sup>th</sup>- National Blueberry Pancake Day

**What am I?**

I am a red or black fruit that can stain your hands when you eat me. I grow on bushes and I taste good on your cereal.  
Blackberries/raspberries

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast Pizza Egg Country Potatoes Vegetable Juice Orange Milk 5	PBJ Sandwich Carrots Broccoli Raisins Milk 6	Chix Strip Wrap Romaine/Cheese Refried Beans Pears Milk 7	Turkey on Bun Cucumbers Cherry Tomatoes Applesauce Cup Milk 8
	Spaghetti w/Meat Sauce Cheesy Bread Romaine/Ranch Fruit Cup Milk 12	PBJ Sandwich Vegetable Juice Celery Banana Raisins Milk 13	Pizza Crunchers Marinara Romaine/Ranch Cherry Tomatoes Applesauce Cup Milk 14	Ham & Cheese/Bun Vegetarian Beans Baby Carrots Peach Cup Milk 15
MLK Jr. Day 18	Sliced Turkey Mashed Potatoes Gravy Baked Beans Cranberry Sauce WG Bread Milk 19	Pancakes Egg Vegetable Juice Sweet Peppers Orange Milk 20	Asian Chicken Rice Snap Peas Broccoli Apple Slices Cookie Milk 21	Bagel Yogurt String Cheese Celery Cauliflower Pear Milk 22
	Pork Fritter/Bun French Fries Peas Peaches Milk 26	Hummus Cup Pretzel String Cheese Carrots Apple Cookie Milk 27	Crispito String Cheese Romaine/French Sw. Potato Crosstrax Applesauce Milk 28	Ham & Cheese/Bun Cherry Tomatoes Vegetable Juice Apple Milk 29



A nutrient is something found in food that gives us energy to play hard, strengthening our bones and muscles, keeping us healthy, keeping our skin glowing. Examples of nutrients: Folate, Vitamin C, Vitamin A, Carbohydrate, Iron, Potassium, Fats, Protein, and Fiber.

