

Keokuk CSD Elementary Menu



January 2019



Where do baby apes sleep?

In apricots!



Jan 1st-4th Winter Vacation

January 22nd-National
Southern Food Day

January 28th- 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
BBQ Rib on Bun Baked Beans Sw. Potato Fries Pineapple Milk 7	Soft Shell Taco Romaine/Cheese Salsa Cheddar Munchers Applesauce Churro Milk 8	Corndog Sw. Potato Crosstrax Green Beans Cookie Milk 9	Pork Chop Mashed Potatoes Gravy Peas Fruit Cocktail 1 Sl WW Bread Milk 10	Chicken Nuggets AuGratin Potatoes Spinach/Ranch Cherry Tomatoes Pears Sunshine Cake Milk 11
Beef Walking Taco Romaine Cheese Beans Peaches Bug Bite Grahams Milk 14	Citrus Chicken Rice Broccoli Mandarin Oranges Fortune Cookie Milk 15	Turkey & Cheese on Bun French Fries Cherry Tomatoes Pineapple Milk 16	Chicken Nuggets Mashed Potatoes Gravy Carrots Applesauce Dinner Roll Milk 17	Pizza Crunchers Romaine/French Carrotini Pears Sherbet Milk 18
MLK Day No School 21	Chicken Fried Steak Mashed Potatoes Gravy Peas Peaches Biscuit Milk 22	Hotdog on Bun Sw. Potato Crosstrax Baked Beans Fruit Crisp Applesauce Milk 23	Chicken Patty on Bun French Fries Broccoli Mixed Fruit Milk 24	Chicken Strips Potato Triangle Cherry Tomatoes Pineapple Cookie Milk 25
Blueberry Pancakes Sausage Patty Egg Hashbrown Vegetable Juice Pear Milk 28	Cheeseburger French Fries Coleslaw Fruit Crisp Milk 29	Pulled Pork on Bun Sw. Potato Fries Carrots Mixed Fruit Cookie	Pasta w/Meat Sauce Romaine/French Breadstick Banana Milk 31	
<i>Alternative Lunch is \$1.25 regardless of free or reduced eligibility. This doesn't qualify as a free/reduced reimbursable meal.</i>	<i>Alternative B Lunch: Sunbutter & Jelly Sandwich, Raisins, Baby Carrots & Milk. Alt Lunch is available daily, but must be ordered in advance.</i>			



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.

