

Keokuk CSD Elementary Menu

**What's a
penguin's
favorite salad?**

Iceberg lettuce

May 6th- Super Lunch Hero
Day

Last day of classes May 31st

What am I?

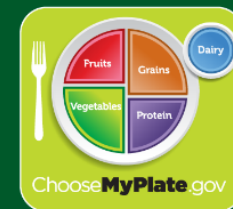
I'm a vegetable that grows
under the ground and has a
green top. Eating me helps
you have good eyesight.

Carrot

This institution is an equal
opportunity provider.



May 2019



Vary your
veggies. Try
adding fresh,
frozen, or
canned
vegetables to
salads, sides,
and main
dishes. Choose a
variety of
colorful
vegetables
prepared in
healthful ways:
steamed,
sauteed,
roasted, or raw.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Alternative lunch is \$1.25 regardless of free or reduced status. This doesn't qualify as a free/reduced reimbursable meal.</p> <p>Super Sub Sandwich Chips Fresh Veggies Watermelon Milk 6</p> <p>Soft Shell Taco Romaine/Cheese Salsa Hummus Applesauce Churro Milk 13</p> <p>Chicken Nuggets Potato Triangle Carrots Fruit Breadstick Milk 20</p> <p>No School Memorial Day Milk 27</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>Chicken Patty on Bun French Fries Carrots Apple Milk 7</p> <p>Chicken Nuggets Mashed Potatoes Gravy Cherry Tomatoes Pears Sunshine Cake Milk 14</p> <p>BBQ Rib on Bun French Fries Coleslaw Applesauce Milk 21</p> <p>Chicken Patty/Bun Potato Triangle Carrots Fruit Sherbet Milk 28</p>	<p>BBQ Pork on Bun Sw. Potato Crosstrax Baby Carrots Fruit Crisp Applesauce Milk 1</p> <p>Pizza Crunchers Marinara Sauce Romaine/Ranch Cherry Tomatoes Peaches Sherbet Milk 8</p> <p>BBQ Rib on Bun Sw Potato Crosstrax Green Beans Peaches Milk 15</p> <p>Chicken Strips Sw. Potato Crosstrax Mixed Vegetables Peaches Cookie Milk 22</p> <p>BBQ Rib on Bun Potato Wedges Romaine/Ranch Fruit Cookie Milk 29</p>	<p>Salisbury Steak Mashed Potatoes Gravy Broccoli Peaches 1 Slice WW Bread Milk 2</p> <p>Biscuit Egg Sausage Patty Hashbrown Vegetable Juice Fresh Fruit Milk 9</p> <p>Porkchop Mashed Potatoes Gravy Carrots Fruit Cocktail 1 Slice WW Bread Milk 16</p> <p>Pork Fritter on Bun Potato Wedges Broccoli Fruit Milk 23</p> <p>Chicken Strips Potato Wedges Romaine/Ranch Fruit Cookie Milk 30</p>	<p>Chicken Strips Potato Wedges Cherry Tomatoes Pineapple Cookie Milk 3</p> <p>Nacho Beef & Cheese Beans Salsa Strawberries Wacky Cake Milk 10</p> <p>Turkey on Bun Baked Beans Sw Potato Fries Fresh Fruit Milk 17</p> <p>Chicken Walking Taco Beans Romaine Cheese Salsa Fruit Bug Bite Grahams Milk 24</p> <p>PB or Sunbutter & Jelly Sandwich Carrots Celery Apple Bug bite grahams Milk 31</p>