

# Keokuk PK-5 and Keokuk Catholic



## May 2021 Lunch



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

There are too  
many ears!

May 5<sup>th</sup>- National Hoagie Day  
May 7<sup>th</sup>- School Lunch Hero Day  
May 13<sup>th</sup>- National Apple Pie Day  
May 27<sup>th</sup>- Eat More Fruits and Veggies Day

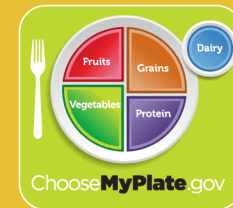
Have a safe and fun  
summer!!  
SFSP starts June 2<sup>nd</sup>!

### 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
Ham & Cheese on Bun Carrots Vegetable Juice Applesauce Milk 3	Turkey & Gravy Mashed Potatoes Mixed Vegetables Blueberry Crisp Dinner Roll Milk 4	Nacho Beef & Cheese Salsa Romaine/Ranch Beans Peaches Milk 5	Salisbury Steak Mashed Potatoes Gravy Peas Pears WGR Bread Milk 6	Pizza Spinach/Ranch Corn Apple Slices Milk 7
PBJ or SBJ Carrots Vegetable Juice Applesauce Milk 10	Baked Chicken Au Gratin Potatoes Broccoli Dinner Roll Pineapple Milk 11	Pork Chop Mashed Potatoes Gravy Green Beans Fruit Sherbet WGR Bread Milk 12	BBQ Pork or Beef on Bun French Fries Baked Beans Applesauce Milk 13	Corndog Sw. Potato Crosstrax Carrots Banana Milk 14
Deli Sandwich Vegetable Juice Cherry Tomatoes Apple Milk 17	Pizza Crunchers Marinara Cucumbers Romaine/Ranch Peaches Cookie Milk 18	Sloppy Joe on Bun French Fries Corn Watermelon Milk 19	Chicken Patty on Bun Tator Tots Green Beans Pears Milk 20	Chicken Taco Romaine Cheese Salsa Beans Fruit Sherbet Milk 21
Deli Sub Vegetable Juice Celery Apple Milk 24	Meatball Sub On Bun French Fries Romaine/French Peaches Milk 25	Chicken Patty on Bun Tator Tots Carrots Baked Apples Milk 26	Chicken Strips Potato Triangle Baked Beans Pears Dinner Roll Cookie Milk 27	PBJ or SBJ Carrots Vegetable Juice Applesauce Cup Milk 28
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.

