

Keokuk CSD Elementary Menu



November 2018



Why aren't bananas ever lonely?

Because they
come in bunches!

November 6th- National
Nacho Day

November 22nd- Happy
Thanksgiving!

November 21-23 No School

What am I?

I'm a leafy dark-green
vegetable that likes cool
weather. I can be eaten raw
or cooked.

Spinach

This institution is an equal
opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Pasta w/Meat Sauce Romaine/French Breadstick Banana Milk 1	Chicken Wrap Romaine Ranch Cheese Salsa Black Beans Applesauce Cup Milk 2
Crispito Potato Triangle String Cheese Corn Apple Milk 5	Nacho Beef & Cheese Beans Salsa Strawberries Wacky Cake Milk 6	Pizza Crunchers Marinara Sauce Romaine/Ranch Cherry Tomatoes Peaches Sherbet Milk 7	Breakfast Pizza Egg Hashbrown Vegetable Juice Orange Milk 8	Chili Crackers Cheese Baby Carrots Applesauce Cup Cinnamon Roll Milk 9
Chicken Walking Taco Romaine Salsa Cheese Beans Dry Fruit Bug Bite Grahams Milk 12	Chicken Patty on Bun French Fries Peas Mixed Fruit Milk 13	Hotdog on Bun Sw. Potato Crosstrax Fruit Crisp Applesauce Milk 14	Salisbury Steak Mashed Potatoes Gravy Broccoli Peaches 1 Slice WW Bread Milk 15	Chicken Strips Potato Triangle Cherry Tomatoes Pineapple Cookie Milk 16
Baked Turkey Mashed Potatoes Gravy Dinner Roll Green Beans Sunshine Cake Peach Cups Milk 19	Corndog Sw Potato Crosstrax Corn Pears Cookie Milk 20	No School 21	Thanksgiving No School 22	No School 23
Turkey & Noodles Mashed Potatoes Corn Apricot Cups Dinner Roll Milk 26	Beef Walking Taco Romaine Cheese Beans Mixed Berry Cup Animal Crackers Milk 27	Ham&Cheese/Bun French Fries Cherry Tomatoes Pineapple Milk 28	Chicken Nuggets Mashed Potatoes Gravy Carrots Applesauce Cookie Milk 29	Pizza Romaine/French Baby Carrots Pears Sherbet Milk 30



The MyPlate
icon reminds us
that we need to
eat and drink
foods from the
five food
groups. Fruits,
Vegetables,
Dairy, Grains,
and Protein
Foods are
important for
good health.

