

Keokuk CSD Elementary Menu



November 2020



Why aren't bananas ever lonely?

Because they
come in bunches!

November 3rd- National
Sandwich Day

November 6th- National
Nacho Day

November 26th- Happy
Thanksgiving!

November 28th- National
French Toast Day

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
	Chix Patty/Bun French Fries Romaine/Ranch Mixed Fruit Milk 3	Turkey on Bun Carrotini Vegetable Juice Applesauce Cup Milk 4	Cheeseburger Sw. Potato Fries Green Beans Pears Milk 5	Ham & Cheese On Bun Cherry Tomatoes Vegetarian Beans Apple Milk 6
	Breakfast Pizza Potato Triangle Vegetable Juice Orange Milk 10	PBJ Sandwich String Cheese Broccoli Carrots Raisin Cookie Milk 11	Nacho Beef/Cheese Romaine/Ranch Black Beans Pineapple Milk 12	Turkey on Bun Cucumber Cherry Tomatoes Applesauce Cup Milk 13
	Sliced Turkey M.Potatoes/Gravy Green Beans Cranberry Sauce Sunshine Cake Dinner Roll Milk 17	Pancakes Eggs Vegetable Juice Sweet Peppers Orange Milk 18	Chicken Nuggets Potato Crosstrax Broccoli Peaches Bread Milk 19	Yogurt String Cheese Mixed Berries Granola Celery Carrots Milk 20
	Thanksgiving Break Nov 24 th -27 th No School			



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.

