

Keokuk Torrence Pre- K Menu



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 Vegetarian Beans Apple Milk 6
	Breakfast Pizza Potato Triangle Vegetable Juice Orange Milk 10	PBJ Sandwich String Cheese Broccoli Carrots Raisin Milk 11	Nacho Beef/Cheese Black Beans Pineapple Milk 12	Turkey on Bun Cherry Tomatoes Applesauce Cup Milk 13
	Sliced Turkey M.Potatoes/Gravy Green Beans Cranberry Sauce Sunshine Cake Dinner Roll Milk 17	Pancakes Egg Vegetable Juice Orange Milk 18	Chicken Nuggets Potato Crosstrax Broccoli Peaches Milk 19	Yogurt String Cheese Mixed Berries Granola 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.