

Keokuk CSD Elementary Menu

October 2019



What's a penguin's favorite salad?

Iceberg lettuce

14th- No School- Inservice
24th-PT Conferences
25th- No School
October 4th-Homecoming

October 6th- National Noodle Day
October 28th- National Chocolate Day

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alt Lunch: Sun butter & Jelly Sandwich, Raisins, Baby carrots & milk. Alt Lunch is available daily but must be ordered in advance.	Chicken Nuggets AuGratin Potatoes Fresh Spinach/Ranch Cherry Tomatoes Pears Cookie Milk 1	Corndog Sweet Potato Crosstrax Green Beans Peaches Milk 2	Pork Chop Mashed Potatoes/Gravy Mixed Vegetables Mixed Fruit Sunshine Cake Milk 3	BBQ Pork on Bun Romaine/French Carrots Pears Whole Fruit Sherbet Milk 4
Crispito Triangle Potatoes String Cheese Whole Kernel Corn Fresh Orange Milk 7	Nacho Beef & Cheese Beans Diced Tomato Salsa Peaches Cookie Milk 8	Pizza Crunchers Marinara Romaine/Ranch Cherry Tomatoes Strawberries Milk 9	French Toast Egg Country Potatoes Vegetable Juice Apple Slices Milk 10	Taco Soup Colby Jack Cheese Tortilla Chips Baby Carrots Applesauce Cup Cinnamon Roll Milk 11
Inservice Day No School 14	Chicken Patty/Bun Sweet Potato Fries Peas Mixed Fruit Milk 15	Meatball Sub Sweet Potato Crosstrax Baby Carrots Fruit Crisp Milk 16	Salisbury Steak Mashed Potatoes/Gravy Broccoli Peaches 1 SI WGR Bread Milk 17	Chicken Strips Triangle Potatoes Cherry Tomatoes Banana Cookie Milk 18
Cheeseburger French Fries Carrots Peaches Milk 21	Breakfast Pizza Country Potatoes Egg Vegetable Juice Pineapple Milk 22	Pork Fritter on Bun Sweet Potato Fries Coleslaw Mixed Fruit Milk 23	Breakfast Only PTC 24	No School 25
Beef Walking Taco Cheese Beans Romaine Salsa Peaches Bug Bite Grahams Milk 28	Turkey & Noodles Mashed Potatoes Carrots Mandarin Oranges Cookie Milk 29	Hot Ham & Cheese on Bun French Fries Cherry Tomatoes Pineapple Milk 30	Popcorn Chicken Mashed Potatoes/Gravy Green Beans Applesauce Cup Dinner Roll Milk 31	Alternative lunch is \$1.25 regardless of free or reduced status. This doesn't qualify as a free/reduced reimbursable meal



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.

