

# KEOKUK COMMUNITY SCHOOL DISTRICT

## October 2019

### Breakfast Menu for Elementary and Middle School

\*Menu Subject to Change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Poptart Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk
	1	2	3	4
Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Donut Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk
7	8	9	10	11
No School Inservice Day	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal Bar Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk
14	15	16	17	18
Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Poptart Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk
21	22	23	24	25
Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Sunbutter or Jelly Fruit Juice Milk	
28	29	30	31	

This institution is an equal opportunity provider.