

# Keokuk Elementary School



## October 2020



### Why is it not wise to tell secrets in a cornfield?

There are too many ears!

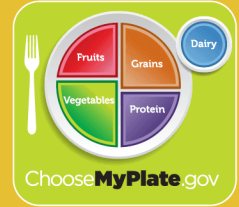
- October 11<sup>th</sup>- National Sausage Pizza Day
- October 17<sup>th</sup>- National Pasta Day
- October 19<sup>th</sup> & 26<sup>th</sup>- Parent/Teacher Conferences
- October 31<sup>st</sup>- Happy Halloween!!

### What am I?

I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet. Beets

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Pulled Pork/ Bun Sw Potato Fries Green Beans Applesauce  Milk 1	Hot Ham & Cheese/Bun Cherry Tomatoes Vegetarian Beans Apple  Milk 2
	Pancakes Sausage Tater Tots Vegetable Juice Orange  Milk 6	Turkey on Bun Cucumber Cherry Tomatoes Applesauce Cup  Milk 7	Chicken Strip Wrap Romaine Cheese Black Beans Pear Milk 8	PBJ Sandwich String Cheese Broccoli Carrots Raisins Cookie Milk 9
	Turkey & Gravy Mashed Potatoes Baked Beans Mixed Fruit 1 SI WG Bread Milk 13	Pancakes Egg Vegetable Juice Bell Pepper Strips Orange  Milk 14	Chicken Nuggets Sw. Potato Crosstrax Broccoli Peaches Cookie Milk 15	Yogurt String Cheese Bagel Celery Cauliflower Apple Milk 16
	BBQ Rib/Bun French Fries Cooked Carrots Diced Pears  Milk 20	PBJ Sandwich String Cheese Vegetable Juice Celery Mixed Fruit Cookie Milk 21	Pizza Romaine/Ranch Cherry Tomatoes Applesauce  Milk 22	Turkey/Bun Vegetarian Beans Carrotinis Peach Cup  Milk 23
	Pork Fritter/Bun French Fries Peas Peaches  Milk 27	Hummus Cup Sun Chips Cheese Cubes Apple Celery Cookie Milk 28	Meatball Sub/Bun Sw. Potato Fries Romaine/French Applesauce  Milk 29	Hot Ham & Cheese/Bun Vegetable Juice Cherry Tomatoes Pear  Milk 30



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

