

Keokuk CSD Elementary Menu



October 2018



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

There are too many ears!

October 15-19th National School Lunch Week

October 17th National Pasta Day

October 31st Happy Halloween

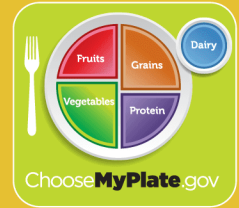
What am I?

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
Chicken Strips Potato Triangle Cherry Tomatoes Pineapple Cookie Milk 1	Chicken Patty/Bun French Fries Peas Mixed Fruit Milk 2	Meatball Sub Sw Potato Crosstrax Baby Carrots Fruit Crisp Milk 3	Breakfast only No Lunch Early Dismissal Parent/Teacher Conferences	No School
Crispito Potato Triangle String Cheese Corn Apple Milk 8	Nacho Beef & Cheese Beans Salsa Strawberries Wacky Cake Milk 9	Pizza Romaine/Ranch Cherry Tomatoes Peaches Sherbet Milk 10	French Toast Sausage Patty Egg Patty Hashbrown Vegetable Juice Apple Milk 11	Chili w/Crackers Cheese Applesauce Cup Cinnamon Roll Milk 12
Softshell Taco Cheese Salsa Romaine Beans Applesauce Churro Milk 15	No School	Pasta w/Meat Sauce Romaine/French Breadstick Banana Milk 17	Pork Chop Mashed Potatoes Gravy Peas Fruit Cocktail WW Bread Slice Milk 18	Chicken Nuggets Augratin Potatoes Spinach/Ranch Diced Pears Sunshine Cake Milk 19
Beef Walking Taco Romaine Cheese Beans Peaches Bug Bite Cookies Milk 22	Orange Chicken Rice Broccoli Mandarin Oranges Fortune Cookie Milk 23	Pulled Pork/Bun French Fries Cherry Tomatoes Pineapple Milk 24	Chicken Nuggets Mashed Potatoes Gravy Carrots Applesauce Dinner Roll Milk 25	Pizza Romaine/French Baby Carrots Pears Sherbet Milk 26
Cheeseburger/Bun French Fries Carrots Fruit Crisp Raisins Milk 29	Pancake Sausage Patty Egg Patty Hashbrown Vegetable Juice Fresh Pear Milk 30	Pork Fritter/Bun Sw. Potato Fries Coleslaw Mixed Fruit Cookie Milk 31		



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.

