

Keokuk Elementary School



October 2021



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

There are too many ears!

October 21st- Parent/Teacher Conferences

October 31st- Happy Halloween!!

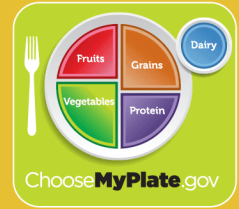
What am I?

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
				French Toast Sticks Egg Country Potatoes Vegetable Juice Strawberries Milk 1
Pork Chop Mashed Potatoes Gravy Peas Fruit Cocktail WG Bread Milk 4	Beef & Cheese Nachos Beans Salsa Celery Peaches Milk 5	Pizza Romaine/Ranch Cherry Tomatoes Fruit Sherbet Milk 6	Crispito Triangle Potatoes Corn Fresh Fruit Milk 7	Chili Cheese Baby Carrots Applesauce Cup Cinnamon Roll Milk 8
Salisbury Steak Mashed Potatoes Gravy Carrots Peaches WG Bread Milk 11	Cheeseburger French Fries Baked Beans Fruit Milk 12	Chicken Strips Triangle Potatoes Cherry Tomatoes Pineapple Milk 13	Corndog Sweet Potato Fries Peas Mixed Fruit Milk 14	BBQ Pork on Bun Baked Beans Romaine/Ranch Apple Milk 15
Chicken Nuggets Mashed Potatoes Gravy Broccoli Applesauce Cup Dinner Roll Milk 18	Beef Walking Taco Salsa Cheese Beans Romaine Peaches Milk 19	Deli Meat and Cheese Sandwich French Fries Cherry Tomatoes Baby Carrots Pineapple Milk 20	PTC Breakfast Only 21	No School 22
Pork Chop Mashed Potatoes Gravy Peas Fruit Cocktail WG Bread Milk 25	Beef & Cheese Nachos Beans Salsa Celery Peaches Milk 26	Pizza Crunchers Marinara Romaine/Ranch Cherry Tomatoes Fruit Sherbet Milk 27	Crispito Triangle Potatoes Corn Fresh Fruit Milk 28	Chili Dog Tator Tots Cheese Baby Carrots Applesauce Cup Milk 29



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.

