

# Keokuk CSD Elementary Menu

**What's a penguin's favorite salad?**

Iceberg lettuce

2<sup>nd</sup>- No School- Labor Day  
16<sup>th</sup>-No School Inservice Day

September 5<sup>th</sup> National  
Cheeseburger Day

September 18<sup>th</sup> National  
Cheeseburger 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

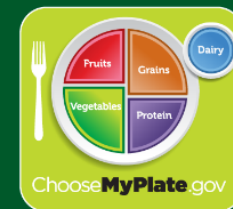
This institution is an equal opportunity provider.



## September 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day No School 2	Crispito Triangle Potatoes String Cheese Corn Apple Slices Milk 3	Nacho Beef & Cheese Beans Diced Tomato Salsa Peaches Milk 4	Cheese Pizza Romaine/Ranch Cherry Tomatoes Whole Fruit Sherbet Milk 5	Pancakes Sausage Patty Country Potatoes Egg Vegetable Juice Fresh Apple Milk 6
Chicken Walking Taco Salsa Romaine Cheese Beans Dried Fruit Animal Crackers Milk 9	Chicken Patty/Bun Sweet Potato Fries Peas Mixed Fruit Milk 10	Turkey Sub Sandwich Sweet Potato Crosstrax Baby Carrots Fruit Crisp Milk 11	Salisbury Steak Mashed Potatoes Gravy Broccoli Peaches 1 SI WGR Bread Milk 12	Chicken Strips Triangle Potatoes Cherry Tomatoes Pineapple Cookie Milk 13
Inservice Day No School 16	Breakfast Pizza Country Potatoes Egg Vegetable Juice Banana Milk 17	Cheeseburger/Bun French Fries Baby Carrots Peaches Milk 18	Pork Fritter/Bun Sweet Potato Fries Coleslaw Mixed Fruit Milk 19	Hotdog on Bun Baked Beans Triangle Potatoes Applesauce Milk 20
Beef Walking Taco Cheese Beans Romaine Salsa Peaches Bug Bite Grahams Milk 23	Turkey & Noodles Mashed Potatoes Corn Fresh Orange Cookie Milk 24	Hot Ham & Cheese French Fries Cherry Tomatoes Pineapple Milk 25	Orange Chicken Rice Broccoli Mandarin Oranges Fortune Cookie Milk 26	Pizza Crunchers Marinara Sauce Romaine/French Baby Carrots Pears Milk 27
Soft Shell Taco Cheese Salsa Romaine Beans Applesauce Cup Bug Bite Grahams Milk 30			Alternative lunch is \$1.25 regardless of free or reduced status. This doesn't qualify as a free/reduced reimbursable meal.	Alt Lunch: Sun butter & Jelly Sandwich, Raisins, Baby carrots & milk. Alt Lunch is available daily but must be ordered in advance.



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.

