

Keokuk Elementary School Menu

September 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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

Iceberg lettuce



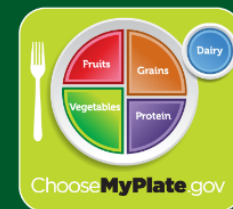
What am I?

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.

	Breakfast Pizza Tator Tots Veg Juice Orange Milk 1	Turkey Sandwich Cucumbers Cherry Tomatoes Applesauce Cup Milk 2	Chix Strip Wrap Cheese Romaine Refried Beans Pears Milk 3	PBJ Sandwich Carrots String Cheese Broccoli Raisins Milk 4
	Salisbury Steak Mashed Potatoes Gravy Baked Beans Baked Apples 1 SI WG Bread Milk 8	Pancakes Egg Veg Juice Pepper Strips Orange Milk 9	Chix Nuggets SwPotato Crosstrax Broccoli Peaches Cookie Milk 10	Yogurt Bagel String Cheese Celery Cauliflower Apple Milk 11
7	BBQ Rib on Bun French Fries Cooked Carrots Diced Pears Milk 15	PBJ Sandwich String Cheese Veg Juice Celery Mixed Fruit Cup Milk 16	Pizza Crunchers Marinara Romaine/Ranch Cherry Tomatoes Applesauce Cup Milk 17	Turkey on Bun Vegetarian Beans Baby Carrots Peach Cup Milk 18
14	Pork Fritter/Bun French Fries Peas Peaches Milk 22	Hummus Cup Pita Flatbread String Cheese Carrots Apple Cookie Milk 23	Corndog Romaine/French Sw Potato Fries Applesauce Milk 24	Ham & Cheese/Bun Cherry Tomatoes Veg Juice Pear Milk 25
21	Chix Patty on Bun French Fries Romaine/Ranch Mixed Fruit Milk 29	Turkey on Bun Baby Carrots Veg Juice Peach Cup Milk 30		
28				



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.

TEAM
NUTRITION
IOWA™