

# Keokuk Elementary School Menu

## September 2021



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

Iceberg lettuce



**What am I?**

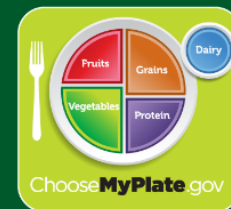
I'm a vegetable that grows under the ground and has a green top. Eating me helps you have good eyesight.

Carrot

This institution is an equal opportunity provider.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Turkey on Bun Broccoli Cherry Tomatoes Fruit Sherbet Milk 1	French Toast Sticks Egg Country Potatoes Veg Juice Strawberries Milk 2	Chili Cheese Crackers Baby Carrots Applesauce Cup Cinnamon Roll Milk 3
Labor Day No School 6	Meatball Sub Baked Beans Baby Carrots Applesauce Milk 7	Ham & Cheese on bun Celery Veg Juice Mix Fruit Cup Milk 8	Salisbury Steak Mashed Potatoes Gravy Broccoli Peaches WG Bread Milk 9	Chicken Strips Tri Potatoes Cherry Tomatoes Pineapple Cookie WG Bread Milk 10
Cheeseburger on bun French Fries Baby Carrots Peaches Milk 13	Pancakes Country Potatoes Sausage Patty Egg Veg Juice Banana Milk 14	Pork Fritter on Bun Celery Hummus Mix Fruit Cup Milk 15	Pasta w/Meat Sauce Spinach/Ranch Cucumbers Breadstick Mandarin Oranges Milk 18	Hotdog on Bun Baked Beans Coleslaw Applesauce Milk 19
Beef Walking Taco Cheese Rice Beans Romaine Peaches Milk 20	Popcorn Chicken Mashed Potatoes Gravy Carrots Pineapple Dinner Roll Milk 21	Ham & Cheese on Bun Baby Carrots Cherry Tomatoes Applesauce Cup Milk 22	Orange Chicken Rice Carrots Broccoli Mandarin Oranges Milk 23	Pizza Crunchers Marinara Romaine/French Corn Fruit Sherbet Milk 24
Burrito Cheese Beans Romaine Salsa Applesauce Cup Milk 27	Chicken Nuggets AuGratin Potatoes Spinach/Ranch Cherry Tomatoes Pears Wacky Cake Milk 28	Corndog Baby Carrots Veg Juice Peach Cup Raisins Milk 29	Pork Chop Mashed Potatoes Gravy Peas Fruit Cocktail WG Bread Milk 30	



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.

