

Keokuk CSD Elementary



September 2018



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

There are too many ears!

9-2 National Blueberry Day
9-5 National Cheese Pizza Day
9-22 Ice Cream Cone Day
9-27 National Chocolate Milk Day

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
Labor Day No School 3	Chicken Crispito Triangle Potato String Cheese Corn Apple Milk 4	Pizza Romaine/Ranch Cherry Tomatoes Peaches Whole Fruit Sherbet Milk 5	Nacho Beef/Cheese Beans Diced Tomato Salsa Strawberries Wacky Cake Milk 6	Waffle Syrup Sausage/Egg Veggie Juice Hashbrown Fresh Fruit Milk 7
Soft Shell Taco Romaine/Cheese Salsa Cheddar Munchers Applesauce Churro Milk 10	BBQ Rib on Bun Sweet Potato Fries Baked Beans Fresh Fruit Milk 11	Corn Dog Green Beans Sweet Potato Crosstrax Peaches Milk 12	Pork Chop Mashed Potatoes/Gravy Peas Fruit Cocktail 1 Slice WW Bread Milk 13	Chicken Nuggets AuGratin Potatoes Fresh Spinach/Ranch Pears Sunshine Cake Milk 14
Walking Taco Romaine/Cheese Beans Peaches Animal Crackers Milk 17	Chicken & Noodles Mashed Potatoes Corn Mandarin Oranges Cookie Milk 18	Ham & Cheese on Bun French Fries Cherry Tomatoes Pineapple Milk 19	Chicken Nuggets Mashed Potatoes/Gravy Carrots Applesauce Dinner Roll Milk 20	Pizza Romaine/French Carrots Pears Sherbet Milk 21
Cheeseburger/Bun French Fries Coleslaw Fruit Crisp Raisins Milk 24	Biscuit Cheese Sausage Patty Egg Patty Hashbrown Vegetable Juice Pears Milk 25	Pork Fritter/Bun Sw. Potato Fries Carrots Mixed Fruit Cookie Milk 26	Pasta w/Meat Sauce Romaine/French Breadstick Banana Milk 27	Chicken Wrap Romaine Cheese Ranch Salsa Black Beans Applesauce Milk 28



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.

