

March 2020 Lunch

Keokuk High School

Monday	Tuesday	Wednesday	Thursday	Friday
Soft Shell Taco Cheese Romaine Beans Salsa Rice Apple Slices Dried Fruit Milk 2	Chicken Nuggets AuGratin Potatoes Spinach/Ranch Cherry Tomatoes Pears Cinnamon Cake Milk 3	Corndog Sw. Potato Cross- trax Green Beans Fresh Orange Pears Milk 4	Pork Chop Mashed Potatoes Gravy Peas Mixed Fruit 2 SI WGR Bread Milk 5	Cheese Stuffed Breadsticks Marinara Baked Beans Coleslaw Fresh Fruit Milk 6
No School Inservice Day 9	Nacho Beef & Cheese Beans Diced Tomato Salsa Peaches Cookie Milk 10	Pizza Crunchers Romaine/Ranch Cherry Tomatoes Strawberries Whole Fruit Sherbet Milk 11	Chili Crackers Cheese Baby Carrots Applesauce Cup Cinnamon Roll Milk 12	French Toast Syrup Egg Country Potatoes Vegetable Juice Fresh Fruit Milk 13
Beef Walking Taco Romaine Salsa Cheese Beans Dried Fruit Rice Applesauce Cup Milk 16	Chicken Patty on Bun Sw. Potato Fries Peas Mixed Fruit Milk 17	Meatball Sub Sw. Potato Cross- trax Baby Carrots Fruit Milk 18	Salisbury Steak Mashed Potatoes Gravy Broccoli Peaches 2 SI WGR Bread Milk 19	Mac & Cheese Spinach/Ranch Cherry Tomatoes Apple Slices Milk 20
Spring Break March 23rd-27th No School 23				
Beef and Bean Bur- rito Rice Salsa Beans String Cheese Applesauce Cup Milk 30	Chicken Strips Potato Triangle Peas and Carrots Pears Dinner Roll Milk 31			

Salad Bar offered Daily
Romaine, Cucumbers, Carrots, Celery, Peppers, Broccoli, Beans, Cauliflower, Onion, Tomatoes, Radishes, Peas, Cheese, Ham or Chix, Egg, Melon, Grapes, Kiwi, Strawberries, Apples, Oranges, Cottage Cheese, Yogurt, Croutons, Crackers, Granola, Ranch or French Dressing. Baked Potato Bar available Tuesdays and Thursdays.

Salad Bar Items may vary due to availability and season.

Alternative Lunch: Sunbutter/Peanut Butter and Jelly Sandwich, Raisins, Baby Carrots & Milk. Alt Lunch is available daily but must be ordered in advance. Alt lunch is \$1.25, regardless of free or reduced eligibility. This doesn't qualify as a free/reduced reimbursable meal.

The USDA is an equal opportunity provider.

Alternative Line:

Monday: Spicy Chicken on Bun & Fries

Tuesday: Buffalo Chicken Flatbread & Fries

Wednesday: Spicy Chicken on Bun & Fries

Thursday: Stuffed Crust Pepperoni Pizza and Side Salad

Friday: Chicken Patty on Bun & Fries

The USDA is an equal opportunity provider.