

KEOKUK COMMUNITY SCHOOL DISTRICT

January 2018

Menu for High School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Daily Breakfast Menu:</u> Cereal- Assorted Toast (Sunbutter or Jelly) Fruit Juice Milk	<u>*Fruit Bar and Salad Bar Offered Daily*</u>		Chicken Patty on Bun French Fries Peas Applesauce Cup Milk	Meatball Sub on Bun Sweet Potato Crosstrax Fresh Baby Carrots Fruit Crisp Applesauce Milk
Cheeseburger on Bun French Fries Coleslaw Fruit Crisp Raisins Milk	Pancakes w/Syrup Sausage Egg Hashbrown Vegetable Juice Fresh Orange Tropical Fruit Milk	Pork Fritter on Bun Sweet Potato Fries Carrots Mixed Fruit Cookie Milk	Pasta w/Meat Sauce Romaine/French Breadstick Banana Peaches Milk	Chicken Fajita Wrap Cheese Baked Chips Romaine/Ranch Black Beans Salsa Applesauce Cup Cookie Milk
No School MLK Day	Turkey & Noodles Mashed Potatoes/Gravy Whole Kernel Corn Mandarin Oranges Cookie Milk	Hot Ham & Cheese on Bun French Fries Cherry Tomatoes Pineapple Wacky Cake Milk	Chicken Nuggets Mashed Potatoes/Gravy Carrots Applesauce Cup Dinner Roll Milk	Pizza Romaine/French Fresh Baby Carrots Whole Fruit Sherbet Pears Milk
Soft Shell Taco/Cheese Romaine Lettuce Salsa Cheddar Munchers Applesauce Churro Milk	Chicken Nuggets AuGratin Potatoes Fresh Spinach/Ranch Cherry Tomatoes Pears Sunshine Cake Milk	Corndog Sweet Potato Crosstrax Green Beans Peaches Cookie Milk	Pork Chop Mashed Potatoes/Gravy Peas Fruit Cocktail 2 Slices WGR Bread Milk	BBQ Rib on Bun Baked Beans Sweet Potato Fries Fresh Fruit Milk
Crispito Triangle Potatoes String Cheese Whole Kernel Corn Fruit Crisp Fresh Fruit Milk	Nacho Beef & Cheese Black Beans Diced Tomato Salsa Strawberries Sunshine Cake Milk	Pizza Romaine/Ranch Cherry Tomatoes Peaches Applesauce Cup Milk		
<u>Alternative Line*</u> Monday: Spicy Chicken on Bun & French Fries Tuesday: Buffalo Chicken Flatbread & French Fries Wednesday: Spicy Chicken on Bun & French Fries Thursday: Stuffed Crust Pepperoni Pizza and Romaine Salad Friday: Chicken Patty on Bun & French Fries		* All alternative meals served with Romaine Salad with carrots and tomatoes, an orange, 1/2 cup fruit, and your choice of skim white or skim chocolate milk.		
This institution is an equal opportunity provider.				