

# KEOKUK COMMUNITY SCHOOL DISTRICT

## October 2019

### Breakfast Menu for High School

\*Menu Subject to Change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Pancake on a Stick Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Donut Holes Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk
Poptart Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Waffles Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Cereal Bar Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk
No School Inservice Day	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Breakfast Pizza Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Donut Holes Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk
Poptart Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Pancakes Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Cereal Bar Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk
Poptart Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Pancake on a Stick Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk	

This institution is an equal opportunity provider.