

KEOKUK COMMUNITY SCHOOL DISTRICT

October 2019 Keokuk High School

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Nuggets AuGratin Potatoes Fresh Spinach/Ranch Cherry Tomatoes Pears Cookie 1 Sl WGR Bread Milk	Corndog Sweet Potato Crosstrax Green Beans Peaches Milk	Pork Chop Mashed Potatoes/Gravy Mixed Vegetables Mixed Fruit Sunshine Cake Dinner Roll Milk	Cheeseburger Carrots Coleslaw Applesauce Cup Craisins Sugar Cookie Homecoming-Go Chiefs! Milk
Crispitos Triangle Potatoes String Cheese Whole Kernel Corn Fresh Orange Craisins Milk	Nacho Beef & Cheese Beans Diced Tomato Salsa Peaches Cookie Milk	Pizza Crunchers Marinara Romaine/Ranch Cherry Tomatoes Strawberries Whole Fruit Sherbet Milk	French Toast Egg Country Potatoes Vegetable Juice Fresh Apple Milk	Taco Soup Colby Jack Cheese Stick Tortilla Chips Baby Carrots Applesauce Cup Cinnamon Roll Milk
Inservice Day No School	Chicken Patty on Bun Sweet Potato Fries Peas Mixed Fruit Milk	Meatball Sub Sandwich Sweet Potato Crosstrax Baby Carrots Celery Fruit Crisp Milk	Salisbury Steak Mashed Potatoes/Gravy Broccoli Peaches 2 Slices WGR Bread Milk	Chicken Strips Triangle Potatoes Cherry Tomatoes Cucumbers Cookie Banana Mixed Fruit Dinner Roll Milk
Cheeseburger on Bun French Fries Carrots Peaches Milk	Breakfast Pizza Country Potatoes Egg Vegetable Juice Pineapple Milk	Pork Fritter on Bun Sweet Potato Fries Coleslaw Mixed Fruit Milk	Breakfast Only PTC Milk	No School
Beef Walking Taco Cheese Beans Salsa Romaine Lettuce Peaches Bug Bite Grahams Milk	Turkey & Noodles Mashed Potatoes Carrots Mandarin Oranges Cookie Milk	Hot Ham & Cheese on Bun French Fries Cherry Tomatoes Pineapple Milk	Popcorn Chicken Mashed Potatoes/Gravy Green Beans Applesauce Dinner Roll Milk	

The USDA is an equal opportunity provider.

Alternative Lunch is \$1.25 regardless of free or reduced eligibility. This doesn't qualify as a free/reduced reimbursable meal.

Salad Bar Offerings will vary due to availability and season

Alternative B Lunch: Sunbutter & Jelly Sandwich, Raisins, Baby Carrots & Milk. Alt Lunch is available daily, but must be ordered in advance.

Alternative Line*

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 Side Salad
 Friday: Chicken Patty on Bun & French Fries

Salad Bar offered Daily:

Romaine	Cucumbers	Radishes	Peas
Carrots	Celery	Honeydew	Watermelon
Peppers	Broccoli	Grapes	Cantaloupe
Beans	Cauliflower	Kiwi	Strawberries
Onion	Tomatoes	Cottage Cheese	Yogurt
Cheese	Ham, Chix, or Egg	Croutons	Crackers
		Granola	Ranch French