

KEOKUK COMMUNITY SCHOOL DISTRICT

October 2017

Menu for High School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soft Shell Taco Romaine Lettuce Cheese Salsa Cheddar Munchers Applesauce Churro Milk 2	Chicken Nuggets AuGratin Potatoes Fresh Spinach/Ranch Cherry Tomatoes Pears Sunshine Cake Milk 3	Corndog Sweet Potato Crosstrax Green Beans Peaches Cookie Milk 4	Pork Chop Mashed Potatoes/Gravy Peas Fruit Cocktail 2 Slices WGR Bread Milk 5	BBQ Rib on Bun Baked Beans Sweet Potato Fries Fresh Fruit Milk 6
Crispito String Cheese Triangle Potatoes Whole Kernel Corn Fresh Orange Apple Crisp Milk 9	Waffle w/Syrup Sausage Patty Egg Patty Hashbrown Potato Apple Juice Fresh Orange Milk 10	Pizza Romaine/Ranch Cherry Tomatoes Peaches Whole Fruit Sherbet Milk 11	Nacho Beef & Cheese Beans Diced Tomato Salsa Strawberries Sunshine Cake Milk 12	Chili Cinnamon Roll Crackers Cheese Fresh Baby Carrots Applesauce Cup Dried Fruit Milk 14
Walking Taco Romaine Lettuce Salsa Cheese Beans Dried Fruit Churro Milk 16	Chicken Patty on Bun French Fries Peas Pears Milk 17	Hotdog on Bun Sweet Potato Crosstrax Fresh Carrots Fruit Crisp Applesauce Milk 18	Early Dismissal Parent-Teacher Conf. Breakfast Only! Milk 19	No School Milk 20
Cheeseburger on Bun Baked Beans Coleslaw Peaches Raisins Milk 23	Pancakes w/Syrup Sausage Patty Egg Patty Hashbrown Fresh Orange Apple Juice Milk 24	Pork Fritter on Bun Sweet Potato Fries Carrots Mixed Fruit Cookie Milk 25	Pasta w/Meat Sauce Romaine/French Breadstick Banana Peaches Milk 26	Chicken Fajita Wrap Cheese Black Beans Salsa Romaine/Ranch Applesauce Cup Baked Chips Cookie Milk 27
Beef Walking Taco Salsa Romaine Lettuce Cheese Beans Dried Fruit Churro Milk 30	Chicken & Noodles Mashed Potatoes Whole Kernel Corn Mandarin Oranges Dinner Roll Milk 31		Fruit and Salad Bar offered Daily! Fruit & Salad bar includes fruit (salad bar) & vegetable (fruit bar). Skim White or Skim Chocolate Milk Bagel or Crackers (fruit salad)	
<u>Alternative Line*</u> Monday: Chicken Patty/Bun, Fries Tuesday: Spicy Chicken Patty/Bun, Fries Wednesday: Buffalo Chicken/Flatbread, Fries Thursday: Spicy Chicken Patty, Fries Friday: Pizza		*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. USDA is an equal opportunity provider.		