Menu Subject to Change

KEOKUK COMMUNITY SCHOOL DISTRICT
October 2018
Breakfast Menu for High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk 1	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 2	Poptart Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 3	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 4	No School 5
PBJ Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 8	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 9	Poptart Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 10	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 11	Pancake on a Stick Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 12
Donut Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 15	No School 16	Poptart Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 17	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 18	Pancake Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 19
Cereal Bar Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 22	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 23	Poptart Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 24	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 25	Waffle Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 26
PBJ Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 29	Cereal- Assorted Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 30	Poptart Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk 31	This institution is an equal opportunity provider.	