

KEOKUK COMMUNITY SCHOOL DISTRICT

September 2019

Menu subject to change

High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day No School	Crispito Triangle Potatoes String Cheese Whole Kernel Corn Baked Apples 2 Milk	Nacho Beef & Cheese Beans Diced Tomato Salsa Peaches 3 Milk	Pizza Romaine/Ranch Cherry Tomatoes Strawberries Whole Fruit Sherbet 4 Milk	Pancakes Sausage Patty Country Potatoes Egg Vegetable Juice Fresh Apple 5 Milk
Chicken Walking Taco Romaine Salsa Cheese Beans Dried Fruit Animal Crackers Milk	Chicken Patty on Bun Sweet Potato Fries Peas Mixed Fruit 9 Milk	Turkey Sub Sandwich Sweet Potato Crosstrax Baby Carrots Fruit Crisp Fresh Apple 10 Milk	Salisbury Steak Mashed Potatoes/Gravy Broccoli Peaches 2 Slices WGR Bread 11 Milk	Chicken Strips Triangle Potatoes Cherry Tomatoes Pineapple Cookie Dinner Roll 12 Milk
Inservice Day No School	Breakfast Pizza Country Potatoes Egg Vegetable Juice Banana Craisins 16 Milk	Cheeseburger on Bun French Fries Baby Carrots Peaches 17 Milk	Pork Fritter on Bun Sweet Potato Fries Coleslaw Mixed Fruit 18 Milk	Hotdog on Bun Baked Beans Triangle Potatoes Applesauce 19 Milk
Beef Walking Taco Cheese Beans Romaine Lettuce Salsa Peaches Bug Bite Grahams Milk	Turkey & Noodles Mashed Potatoes Whole Kernel Corn Fresh Orange Baked Apples Cookie 23 Milk	Hot Ham & Cheese on Bun French Fries Cherry Tomatoes Pineapple 24 Milk	Orange Chicken Rice Broccoli Mandarin Oranges Fortune Cookie 25 Milk	Pizza Crunchers Marinara Sauce Romaine/French Baby Carrots Pears Whole Fruit Sherbet 26 Milk
Soft Shell Taco Beans Cheese Romaine Salsa Applesauce Cup Bug Bite Grahams Fresh Orange Milk	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 30 Milk		Salad Bar offered Daily: Romaine Cucumbers Carrots Celery Peppers Broccoli Beans Cauliflower Onion Tomatoes Cheese Ham, Chix, or Egg	Radishes Peas Honeydew Watermelon Grapes Cantaloupe Kiwi Strawberries Cottage Cheese Yogurt Croutons Crackers Granola Ranch French

The USDA is an equal opportunity provider.

Salad Bar Offerings will vary due to availability and season

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

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