

KEOKUK COMMUNITY SCHOOL DISTRICT

September 2019

Breakfast Menu for High School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School Labor Day	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
2	3	4	5	6
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
9	10	11	12	13
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
16	17	18	19	20
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
23	24	25	26	27
Poptart Whole Grain Toast Peanut butter or Jelly Fruit Juice Milk				
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This institution is an equal opportunity provider.