

KEOKUK COMMUNITY SCHOOL DISTRICT

September 2019

Menu for Middle School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day No School	Crispito Triangle Potatoes String Cheese Whole Kernel Corn Apple Slices Milk	Nacho Beef & Cheese Beans Diced Tomato Salsa Peaches Milk	Pizza Romaine/Ranch Cherry Tomatoes Strawberries Whole Fruit Sherbet Milk	Pancakes Sausage Patty Country Potatoes Egg Vegetable Juice Fresh Apple Milk
Chicken Walking Taco Romaine Salsa Cheese Beans Dried Fruit Animal Crackers Milk	Chicken Patty on Bun Sweet Potato Fries Peas Mixed Fruit Milk	Turkey Sub Sandwich Sweet Potato Crosstrax Baby Carrots Fruit Crisp Milk	Salisbury Steak Mashed Potatoes/Gravy Broccoli Peaches 1 Slice WGR Bread Milk	Chicken Strips Triangle Potatoes Cherry Tomatoes Pineapple Cookie Milk
Inservice Day No School	Breakfast Pizza Country Potatoes Egg Vegetable Juice Banana Milk	Cheeseburger on Bun French Fries Baby Carrots Peaches Milk	Pork Fritter on Bun Sweet Potato Fries Coleslaw Mixed Fruit Milk	Hotdog on Bun Baked Beans Triangle Potatoes Applesauce Milk
Beef Walking Taco Cheese Beans Romaine Lettuce Salsa Peaches Bug Bite Grahams Milk	Turkey & Noodles Mashed Potatoes Whole Kernel Corn Fresh Orange Cookie Milk	Hot Ham & Cheese on Bun French Fries Cherry Tomatoes Pineapple Milk	Orange Chicken Rice Broccoli Mandarin Oranges Fortune Cookie Milk	Pizza Crunchers Marinara Sauce Romaine/French Baby Carrots Pears Whole Fruit Sherbet Milk
Soft Shell Taco Cheese Romaine Salsa Beans Applesauce Cup Bug Bite Grahams 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
USDA is an equal opportunity provider.			Salad Bar Items may vary according 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 Lunch is \$1.25 regardless of free or reduced eligibility. This doesn't qualify as a free/reduced reimbursable meal.