

# KEOKUK COMMUNITY SCHOOL DISTRICT

## January 2019

\*Menu subject to change\*

### Menu for Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Rib on Bun Baked Beans Sweet Potato Fries Pineapple Milk 7	Soft Shell Taco Romaine/Cheese Salsa Cheddar Munchers Churro Milk 8	Corndog Sweet Potato Crosstrax Green Beans Peaches Milk 9	Pork Chop Mashed Potatoes/Gravy Peas Fruit Cocktail 1 Slice WW Bread Milk 10	Chicken Nuggets AuGratin Potatoes Spinach/Ranch Cherry Tomatoes Pears Sunshine Cake Milk 11
Beef Walking Taco Romaine/Cheese Beans Peaches Bug Bite Grahams Milk 14	Citrus Chicken Rice Broccoli Mandarin Oranges Fortune Cookie Milk 15	Turkey & Cheese on Bun French Fries Cherry Tomatoes Pineapple Milk 16	Chicken Nuggets Mashed Potatoes/Gravy Carrots Applesauce Dinner Roll Milk 17	Pizza Crunchers Romaine/French Baby Carrots Pears Sherbet Milk 18
MLK Day No School 21	Chicken Fried Steak Mashed Potatoes/Gravy Peas Peaches Biscuit Milk 22	Hotdog on Bun Sweet Potato Crosstrax Baked Beans Fruit Crisp Applesauce Milk 23	Chicken Patty on Bun French Fries Broccoli Mixed Fruit Milk 24	Chicken Strips Potato Triangle Cherry Tomatoes Pineapple Cookie Milk 25
Blueberry Pancakes Sausage Patty Egg Hashbrown Pear Vegetable Juice Milk 28	Cheeseburger on Bun French Fries Coleslaw Fruit Crisp Raisins Milk 29	Pulled Pork on Bun Sweet Potato Fries Carrots Mixed Fruit Cookie Milk 30	Pasta w/Meat Sauce Romaine/French Breadstick Banana Milk 31	
<i>Alternative Lunch is \$1.25 regardless of free or reduced eligibility. This doesn't qualify as a free/reduced reimburseable meal.</i>	<i>Alternative B Lunch: Sunbutter &amp; Jelly Sandwich, raisins, baby carrots &amp; milk. Alt Lunch is available daily, but must be ordered in advance.</i>		<b>Salad Bar offered Daily:</b> 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