

KEOKUK COMMUNITY SCHOOL DISTRICT

October 2019

Menu for Middle School

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Nuggets AuGratin Potatoes Fresh Spinach/Ranch Cherry Tomatoes Pears Cookie Milk	Corndog Sweet Potato Crosstrax Green Beans Peaches Milk	Pork Chop Mashed Potatoes/Gravy Mixed Vegetables Mixed Fruit Sunshine Cake Milk	BBQ Pork on Bun Romaine/French Carrots Pears Whole Fruit Sherbet Homecoming- Go Chiefs! Milk
Crispito Triangle Potatoes String Cheese Whole Kernel Corn Fresh Orange Milk	Nacho Beef & Cheese Beans Diced Tomato Salsa Peaches Cookie Milk	Pizza Crunchers Marinara Romaine/Ranch Cherry Tomatoes Strawberries Milk	French Toast Egg Country Potatoes Vegetable Juice Apple Slices Milk	Taco Soup Colby Jack Cheese Stick Tortilla Chips Baby Carrots Applesauce Cup Cinnamon Roll Milk
Inservice Day No School Milk	Chicken Patty on Bun Sweet Potato Fries Peas Mixed Fruit Milk	Meatball 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 Banana Cookie Milk
Cheeseburger on Bun French Fries Carrots Peaches Milk	Breakfast Pizza Country Potatoes Egg Vegetable Juice Pineapple Milk	Pork Fritter on Bun Sweet Potato Fries Coleslaw Mixed Fruit Milk	Breakfast Only PTC Milk	No School Milk
Beef Walking Taco Cheese Beans Salsa Romaine Lettuce Peaches Bug Bite Grahams Milk	Turkey & Noodles Mashed Potatoes Carrots Mandarin Oranges Cookie Milk	Hot Ham & Cheese on Bun French Fries Cherry Tomatoes Pineapple Milk	Popcorn Chicken Mashed Potatoes/Gravy Green Beans Applesauce Cup Dinner Roll Milk	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.
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.				