

Keokuk CSD Elementary Menu



November 2021



Why aren't bananas ever lonely?

Because they
come in bunches!

- November 3rd- National Sandwich Day
- November 6th- National Nacho Day
- November 25th- Happy Thanksgiving!
- November 28th- National French Toast Day

What am I?

I'm a leafy dark-green vegetable that likes cool weather. I can be eaten raw or cooked.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shredded Beef in Gravy Mashed Potatoes Carrots Peaches WG Bread Milk 1	Cheeseburger French Fries Baked Beans Pineapple Milk 2	Chicken Strips Triangle Potatoes Cherry Tomatoes Craisins Milk 3	Corndog Sweet Potato Fries Peas Mixed Fruit Milk 4	BBQ Pork on Bun Baked Beans Romaine/Ranch Whole Apple Milk 5
Chicken Nuggets Mashed Potatoes Gravy Broccoli Pineapple Dinner Roll Milk 8	Beef Walking Taco Salsa Cheese Romaine Beans Peaches Milk 9	Deli Meat & Cheese French Fries Cherry Tomatoes Baby Carrots Applesauce Cup Milk 10	Chicken Patty on Bun Sw. Potato Crosstrax Green Beans Peaches Milk 11	Biscuit Egg Sausage Patty Country Potatoes Vegetable Juice Strawberries Milk 12
Pork Chop Mashed Potatoes Gravy Peas Fruit Cocktail WG Bread Milk 15	Beef & Cheese Nachos Beans Salsa Celery Peaches Milk 16	Pizza Romaine/Ranch Cherry Tomatoes Fruit Sherbet Milk 17	Roast Turkey Mash Potatoes/Gravy Green Beans Cranberry Sauce Dinner Roll Sunshine Cake Milk 18	Chili Cheese Baby Carrots Sweet Roll Applesauce Cup Milk 19
Shredded Beef in Gravy Mashed Potatoes Carrots Peaches WG Bread Milk 22	Maidrite (K-5) Cheeseburger(Pre-K) French Fries Baked Beans Fruit Milk 23	Thanksgiving Break Nov 24 th -26 th No School Milk 24		
Chicken Nuggets Mashed Potatoes Gravy Broccoli Applesauce Cup Dinner Roll Milk 29	Beef Walking Taco Salsa Cheese Beans Romaine Peaches Milk 30			Revised 11/10/21



The MyPlate icon reminds us that we need to eat and drink foods from the five food groups. Fruits, Vegetables, Dairy, Grains, and Protein Foods are important for good health.

