

Keokuk Elem School Menu

December 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

What's a penguin's favorite salad?

Iceberg lettuce



Deli Meat &
Cheese Sandwich
French Fries
Cherry Tomatoes
Baby Carrots
Pineapple
Milk 1

Chicken Patty on bun
Sw Potato
Crosstrax
Green Beans
Pears
Milk 2

Breakfast Pizza
Egg
Country Potatoes
Vegetable Juice
Strawberries
Milk 3

Beef & Cheese
Nachos
Beans
Salsa
Celery
Peaches
Milk 6

Sliced Turkey
Mash Potatoes
Gravy
Green Beans
Dinner Roll
Pineapple
Sunshine Cake
Milk 7

Chicken Drumstick
Romaine/Ranch
Cherry Tomatoes
Fruit Sherbet
Graham Cookies
Milk 8

Pasta w/Meat Sauce
Celery Sticks
Salad/French Corn
Fresh Fruit
Milk 9

Hotdog
Tator Tots
Baby Carrots
Applesauce Cup
Milk 10

Orange Chicken
Rice
Broccoli
Carrots
Mandarin Oranges
Milk 13

Cheeseburger
French Fries
Baked Beans
Pear
Milk 14

Chicken Strips
Potato Wedges
Cherry Tomatoes
Pineapple
Milk 15

Pork Chop
Mashed Potatoes
Gravy
Peas
Fruit Cocktail
Milk 16

BBQ Pork on Bun
Baked Beans
Romaine/Ranch
Apple
Milk 17

Winter Vacation
Dec 20th-31st



Rev 11/30/21



Vary your veggies. Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



December 4th- National Cookie Day
December 13th- National Cocoa Day
December 26th- National Candy Cane Day
December 20th-31st Winter Vacation

What am I?

I'm a vegetable that grows under the ground and has a green top. Eating me helps you have good eyesight.

Carrot

This institution is an equal opportunity provider.