

# Keokuk CSD

## Elementary & Pre-K Menu

**Where do baby apes sleep?**

In apricots!



Jan 17<sup>th</sup>- Martin Luther King Jr. Day  
 January 1<sup>st</sup>- Nat'l Black Eyed Pea Day  
 January 11<sup>th</sup>- Nat'l Milk Day  
 January 27<sup>th</sup>- Nat'l Chocolate Cake Day  
 January 28<sup>th</sup>- National Blueberry Pancake Day

**What am I?**

I am a red or black fruit that can stain your hands when you eat me. I grow on bushes and I taste good on your cereal.  
 Blackberries/raspberries

This institution is an equal opportunity provider.



# January 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Nuggets Mashed Potatoes Gravy Broccoli Pineapple Dinner Roll Milk 3	Beef Walking Taco Salsa Cheese Beans Romaine Peaches Milk 4	Pizza Romaine/Ranch Cherry Tomatoes Fruit Sherbet Milk 5	Chicken Patty on Bun Sw. Potato Crosstrax Green Beans Peaches Milk 6	Biscuit Egg Sausage Patty County Potatoes Vegetable Juice Strawberries Milk 7
Shredded Beef Mashed Potatoes Gravy Peas Fruit Cocktail WG Bread Milk 10	Beef & Cheese Nachos Beans Salsa Celery Peaches Milk 11	Deli Meat/Cheese Sandwich French Fries Baby Carrots Applesauce Cup Milk 12	Soft Shell Taco Cheese Salsa Beans Romaine Fresh Fruit Milk 13	Chili Cheese Crackers Baby Carrots Cinnamon Roll Applesauce Cup Milk 14
MLK Jr. Day No School TQ Day Milk 17	Cheeseburger French Fries Baked Beans Fruit Milk 18	Chicken Strips Triangle Potatoes Cherry Tomatoes Applesauce Cup Milk 19	Corndog Sw. Potato Fries Peas Mixed Fruit Milk 20	BBQ Rib on Bun Baked Beans Romaine/Ranch Apple Milk 21
Chicken Nuggets Mashed Potatoes Gravy Broccoli Pineapple Milk 24	Beef Walking Taco Salsa Cheese Beans Romaine Peaches Milk 25	Deli Meat & Cheese Sandwich Cherry Tomatoes Baby Carrots Applesauce Cup Milk 26	Chicken Patty on Bun Sw. Potato Crosstrax Green Beans Peaches Milk 27	Breakfast Pizza Egg County Potatoes Vegetable Juice Strawberries Milk 28
Macaroni & Cheese Peas Fruit Cocktail Milk 31				Rev 12/1/21



A nutrient is something found in food that gives us energy to play hard, strengthening our bones and muscles, keeping us healthy, keeping our skin glowing. Examples of nutrients: Folate, Vitamin C, Vitamin A, Carbohydrate, Iron, Potassium, Fats, Protein, and Fiber.

