

Keota Community School District Breakfast Menu

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

-MENU SUBJECT TO CHANGE-

April 2019

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|--|---|---|--|
| 1 WG French Toast Stick Applesauce Juice Choice Milk Choice | 2 WG Cinnamon Roll Mixed Fruit Juice Choice Milk Choice | 3 WG Cereal String Cheese Apples Juice Choice Milk Choice | 4 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice | 5 WG Breakfast Egg Wrap Graham Crackers Banana Juice Choice Milk Choice |
| 8 WG Breakfast Pizza Tropical Fruit Juice Choice Milk Choice | 9 WG Pancakes Peaches Juice Choice Milk Choice | 10 Cheese Omelet WG Toast Orange Juice Choice Milk Choice | 11 WG Pastry Fresh Citrus Fruit Cup Juice Choice Milk Choice | 12 Yogurt WG Chocolate Chip Muffin Pears Juice Choice Milk Choice |
| 15 WG French Toast Stick Applesauce Juice Choice Milk Choice | 16 WG Cinnamon Roll Mixed Fruit Juice Choice Milk Choice | 17 WG Cereal String Cheese Apples Juice Choice Milk Choice | 18 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice | 19 No School |
| 22 WG Breakfast Pizza Tropical Fruit Juice Choice Milk Choice | 23 WG Pancakes Peaches Juice Choice Milk Choice | 24 Cheese Omelet WG Toast Orange Juice Choice Milk Choice | 25 WG Pastry Fresh Citrus Fruit Cup Juice Choice Milk Choice | 26 Yogurt WG Chocolate Chip Muffin Pears Juice Choice Milk Choice |
| 29 WG French Toast Stick Applesauce Juice Choice Milk Choice | 30 WG Cinnamon Roll Mixed Fruit Juice Choice Milk Choice | | | |

* JUICE CHOICES: APPLE OR ORANGE

** MILK CHOICES: 1% WHITE OR SKIM CHOCOLATE

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|---|--|---|---|---|
| 1 Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Chip Cookie (9-12) | 2 Chicken Pattie Mashed Potatoes & Gravy Green Beans Whole Roll & Jelly Orange Wedges | 3 Taco Burger on a Bun Romaine Lettuce & Tomato Refried Beans Black Bean & Corn Salsa w/ WG Corn Tortilla Chips (9-12) Sliced Pears | 4 Italian Pasta Bake Green Pepper Strips & Baby Carrots WW Bread & Jelly (9-12) Applesauce Sugar Cookie | 5 Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana |
| 8 Soft Shell Taco Romaine & Tomato Corn Salsa & WG Tortilla Chips (9-12) Apple Wedges | 9 Turkey & Cheese Sub Romaine & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12) | 10 BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Orange Smilies Chocolate Chip Cookie | 11 Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries | 12 Fish Sandwich Tator Tots Steamed Broccoli Applesauce Cookie |
| 15 Taco Soup Whole Grain Corn Tortilla Chips Fresh Broccoli Sliced Pears Snickerdoodle | 16 WG Mini Corn Dogs Garden Spinach Salad Seasoned Peas Apple Wedges | 17 Beef & Noodles Mashed Potatoes Fresh Baby Carrots Blueberry Oat Muffin Pineapple Tidbits | 18 Chicken Fajita Lettuce Salsa & WG Corn Tortilla Chips Refried Beans Orange Wedges | 19 No School |
| 22 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll Sliced Peaches | 23 Pork Rib on a Bun Romaine Lettuce & Tomato Tri-Tater Green Beans Fresh Kiwi Oatmeal Cookie (9-12) | 24 Lasagna Garden Spinach Salad Whole Grain Breadstick Apple Wedges Marinara Sauce (9-12) | 25 Chicken Tetrizzini Tossed Salad w/ Romaine Steamed Carrots WG French Garlic Bread Fresh Strawberries | 26 Sloppy Joe on a Bun Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes |
| 29 Pig in a Blanket Potato Wedges Broccoli w/ Cheese Fresh Apple Juice | 30 Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit | | | |

* FRUIT CHOICE EVERYDAY (9-12)

** REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

*** MILK CHOICES: 1% WHITE, SKIM WHITE, AND SKIM CHOCOLATE