

Keota Community School District Breakfast Menu

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

-MENU SUBJECT TO CHANGE-

February 2018

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1 WG Pastry Fresh Citrus Fruit Cup Juice Choice Milk Choice	2 Yogurt WG Chocolate Chip Muffin Pears Juice Choice Milk Choice
5 WG French Toast Stick Applesauce Juice Choice Milk Choice	6 WG Cinnamon Roll Mixed Fruit Juice Choice Milk Choice	7 WG Cereal String Cheese Apples Juice Choice Milk Choice	8 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice	9 WG Breakfast Egg Wrap Graham Crackers Banana Juice Choice Milk Choice
12 WG Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	13 WG Pancakes Peaches Juice Choice Milk Choice	14 Cheese Omelet WG Toast Orange Juice Choice Milk Choice	15 WG Pastry Fresh Citrus Fruit Cup Juice Choice Milk Choice	16 Yogurt WG Chocolate Chip Muffin Pears Juice Choice Milk Choice
19 No School	20 WG Cinnamon Roll Mixed Fruit Juice Choice Milk Choice	21 WG Cereal String Cheese Apples Juice Choice Milk Choice	22 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice	23 WG Breakfast Egg Wrap Graham Crackers Banana Juice Choice Milk Choice
26 WG Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	27 WG Pancakes Peaches Juice Choice Milk Choice	28 Cheese Omelet WG Toast Orange Juice Choice Milk Choice		

* JUICE CHOICES: APPLE OR ORANGE

** MILK CHOICES: 1% WHITE OR SKIM CHOCOLATE

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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1	2
			Chicken Fajita Salsa & WG Corn Tortilla Chips Refried Beans Orange Wedges	Cowboy Cavatini Tossed Salad w/ Romaine Green Beans WW Roll & Jelly (9-12) Fresh Banana
5	6	7	8	9
Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll Sliced Peaches	Pork Rib on a Bun Romaine & Tomato Tri-Tater Green Beans Fresh Kiwi Oatmeal Cookie (9-12)	Lasagna Garden Spinach Salad Whole Grain Breadstick Apple Wedges Marinara Sauce (9-12)	Chicken Tetrizzini Tossed Salad w/ Romaine Steamed Carrots WG French Garlic Bread Fresh Strawberries	Sloppy Joe on a Bun Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes
12	13	14	15	16
Pig in a Blanket Potato Wedges Broccoli w/ Cheese Fresh Apple Juice	Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit	Tuna Noodles Garden Spinach Salad Seasoned Pea (9-12) French Garlic Bread Fresh Grapes	Taco Salad WG Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pinapple Tidbits	Fish Sandwich Potato Wedges Green Beans Orange Wedges
19	20	21	22	23
No School	Macaroni & Cheese Meat Balls Seasoned Peas WW Bread & Jelly Fresh Carrots Apple Wedges	Chili WG Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smilies	Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-Tater Steamed Carrots Pears	Shrimp Poppers Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly (9-12) Strawberries & Bananas
26	27	28		
Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Chip Cookie (9-12)	Chicken Pattie Mashed Potatoes & Gravy Green Beans Whole Roll & Jelly (9-12) Orange Wedges	Taco Burger on a Bun Romaine & Tomato Refried Beans Black Bean & Corn Salsa w/ WG Corn Tortilla Chips (9-12) Sliced Pears		

* FRUIT CHOICE EVERYDAY (9-12)

** REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

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