

Keota Community School District Breakfast Menu

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

-MENU SUBJECT TO CHANGE-

January 2018

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1 No School	2 No School	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 No School	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 WG Breakfast Egg Wrap Graham Crackers Banana Juice Choice Milk Choice
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	31 WG Cereal String Cheese Apples 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 No School	2 No School	3 Spaghetti w/ Meat Sauce Garden Spinach Salad Seasoned Pea (9-12) French Garlic Bread Fresh Grapes	4 Taco Salad WG Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pineapple Tidbits	5 Cream Chicken on Biscuit Mashed Potatoes Green Beans Orange Wedges
8 Hamburger on a Bun Romaine & Tomato Sweet Potato Fries Fruit Cocktail Rice Crispy Bar	9 Macaroni & Cheese Meat Balls Seasoned Peas WW Bread & Jelly Fresh Carrots Apple Wedges	10 Chili WG Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smilies	11 Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-Tater Steamed Carrots Pears	12 Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly (9-12) Strawberries & Bananas
15 No School	16 Chicken Pattie Mashed Potatoes & Gravy Green Beans Whole Roll & Jelly (9-12) Orange Wedges	17 Taco Burger on a Bun Romaine & Tomato Refried Beans Black Bean & Corn Salsa w/ WG Corn Tortilla Chips (9-12) Sliced Pears	18 Italian Pasta Bake Green Pepper Strips & Baby Carrots WW Bread & Jelly (9-12) Applesauce Sugar Cookie	19 Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana
22 Soft Shell Taco Romaine & Tomato Corn Salsa & WG Tortilla Chips (9-12) Apple Wedges	23 Turkey & Cheese Sub Romaine & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12)	24 BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Orange Smilies Chocolate Chip Cookie	25 Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries	26 Country Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Wheat Roll & Jelly (9-12) Applesauce
29 Taco Soup Whole Grain Corn Tortilla Chips Fresh Broccoli Sliced Pears Snickerdoodle	30 WG Mini Corn Dogs Garden Spinach Salad Seasoned Peas Apple Wedges	31 Beef & Noodles Mashed Potatoes Fresh Baby Carrots Blueberry Oat Muffin Pineapple Tidbits		

* FRUIT CHOICE EVERYDAY (9-12)

** REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

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