

# Keota Community School District Breakfast Menu

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

-MENU SUBJECT TO CHANGE-

**March 2018**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1	2
			WG Pastry Fresh Citrus Fruit Cup Juice Choice Milk Choice	Yogurt WG Chocolate Chip Muffin Pears Juice Choice Milk Choice
5	6	7	8	9
WG French Toast Stick Applesauce Juice Choice Milk Choice	WG Cinnamon Roll Mixed Fruit Juice Choice Milk Choice	WG Cereal String Cheese Apples Juice Choice Milk Choice	Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice	WG Breakfast Egg Wrap Graham Crackers Banana Juice Choice Milk Choice
12	13	14	15	16
WG Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	WG Pancakes Peaches Juice Choice Milk Choice	Cheese Omelet WG Toast Orange Juice Choice Milk Choice	WG Pastry Fresh Citrus Fruit Cup Juice Choice Milk Choice	Yogurt WG Chocolate Chip Muffin Pears Juice Choice Milk Choice
19	20	21	22	23
WG French Toast Stick Applesauce Juice Choice Milk Choice	WG Cinnamon Roll Mixed Fruit Juice Choice Milk Choice	WG Cereal String Cheese Apples Juice Choice Milk Choice	Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice	WG Breakfast Egg Wrap Graham Crackers Banana Juice Choice Milk Choice
26	27	28	29	30
WG Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	WG Pancakes Peaches Juice Choice Milk Choice	Cheese Omelet WG Toast Orange Juice Choice Milk Choice	No School	No School

\* JUICE CHOICES: APPLE OR ORANGE

\*\* MILK CHOICES: 1% WHITE OR SKIM CHOCOLATE

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## March 2018

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
			1	2
			Italian Pasta Bake Green Pepper Strips & Baby Carrots WW Bread & Jelly (9-12) Applesauce Sugar Cookie	Cheese Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana
5	6	7	8	9
Soft Shell Taco Romaine & Tomato Corn Salsa & WG Tortilla Chips (9-12) Apple Wedges	Turkey & Cheese Sub Romaine & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12)	BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Orange Smilies Chocolate Chip Cookie	Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries	Fish Sandwich FF Steamed Broccoli Cookie (9-12) Applesauce
12	13	14	15	16
Taco Soup Whole Grain Corn Totrilla Chips Fresh Broccoli Sliced Pears Snickerdoodle	WG Mini Corn Dogs Garden Spinach Salad Seasoned Peas Apple Wedges	Beef & Noodles Mashed Potatoes Fresh Baby Carrots Blueberry Oat Muffin Pineapple Tidbits	Chicken Fajita Salsa & WG Corn Tortilla Chips Refried Beans Orange Wedges	PBJ Sandwich Macaroni & Cheese Tossed Salad w/ Romaine Green Beans Fresh Banana
19	20	21	22	23
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 Tetrzzini Tossed Salad w/ Romaine Steamed Carrots WG French Garlic Bread Fresh Strawberries	Grilled Cheese Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes
26	27	28	29	30
Pig in a Blanket Potato Wedges Broccoli w/ Cheese Fresh Apple Juice	Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit	Spaghetti w/ Meat Sauce Garden Spinach Salad Seasoned Pea (9-12) French Garlic Bread Fresh Grapes	No School	No School

\* FRUIT CHOICE EVERYDAY (9-12)

\*\* REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

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