

Keota Community School District Breakfast Menu

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

-MENU SUBJECT TO CHANGE-

October 2017

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
2 WG Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	3 WG Pancakes Peaches Juice Choice Milk Choice	4 Cheese Omelet WG Toast Orange Juice Choice Milk Choice	5 WG Pastry Fresh Citrus Fruit Cup Juice Choice Milk Choice	6 Yogurt WG Chocolate Chip Muffin Pears Juice Choice Milk Choice
9 WG French Toast Stick Applesauce Juice Choice Milk Choice	10 WG Cinnamon Roll Mixed Fruit Juice Choice Milk Choice	11 WG Cereal String Cheese Apples Juice Choice Milk Choice	12 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice	13 WG Breakfast Egg Wrap Graham Crackers Banana Juice Choice Milk Choice
16 WG Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	17 WG Pancakes Peaches Juice Choice Milk Choice	18 Cheese Omelet WG Toast Orange Juice Choice Milk Choice	19 WG Pastry Fresh Citrus Fruit Cup Juice Choice Milk Choice	20 Yogurt WG Chocolate Chip Muffin Pears Juice Choice Milk Choice
23 WG French Toast Stick Applesauce Juice Choice Milk Choice	24 WG Cinnamon Roll Mixed Fruit Juice Choice Milk Choice	25 WG Cereal String Cheese Apples Juice Choice Milk Choice	26 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice	27 WG Breakfast Egg Wrap Graham Crackers Banana Juice Choice Milk Choice
30 WG Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	31 WG Pancakes Peaches 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>
<p style="text-align: right;">2</p> Pig in a Blanket Potato Wedges Broccoli w/ Cheese Fresh Apple Juice	<p style="text-align: right;">3</p> Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit	<p style="text-align: right;">4</p> Spaghetti w/ Meat Sauce Garden Spinach Salad Seasoned Pea (9-12) French Garlic Bread Fresh Grapes	<p style="text-align: right;">5</p> Taco Salad WG Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pineapple Tidbits	<p style="text-align: right;">6</p> Cream Chicken on Biscuit Mashed Potatoes Green Beans Orange Wedges
<p style="text-align: right;">9</p> Hamburger on a Bun Romaine & Tomato Sweet Potato Fries Fruit Cocktail Rice Crispy Bar	<p style="text-align: right;">10</p> Macaroni & Cheese Meat Balls Seasoned Peas WW Bread & Jelly Fresh Carrots Apple Wedges	<p style="text-align: right;">11</p> Chili WG Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smilies	<p style="text-align: right;">12</p> Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-Tater Steamed Carrots Pears	<p style="text-align: right;">13</p> Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly (9-12) Strawberries & Bananas
<p style="text-align: right;">16</p> Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Chip Cookie (9-12)	<p style="text-align: right;">17</p> Chicken Pattie Mashed Potatoes & Gravy Green Beans Whole Roll & Jelly (9-12) Orange Wedges	<p style="text-align: right;">18</p> Taco Burger on a Bun Romaine & Tomato Refried Beans Black Bean & Corn Salsa w/ WG Corn Tortilla Chips (9-12) Sliced Pears	<p style="text-align: right;">19</p> Italian Pasta Bake Green Pepper Strips & Baby Carrots WW Bread & Jelly (9-12) Applesauce Sugar Cookie	<p style="text-align: right;">20</p> Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana
<p style="text-align: right;">23</p> Soft Shell Taco Romaine & Tomato Corn Salsa & WG Tortilla Chips (9-12) Apple Wedges	<p style="text-align: right;">24</p> Turkey & Cheese Sub Romaine & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12)	<p style="text-align: right;">25</p> BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Orange Smilies Chocolate Chip Cookie	<p style="text-align: right;">26</p> Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries	<p style="text-align: right;">27</p> Country Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Wheat Roll & Jelly (9-12) Applesauce
<p style="text-align: right;">30</p> Taco Soup Whole Grain Corn Totrilla Chips Fresh Broccoli Sliced Pears Snickerdoodle	<p style="text-align: right;">31</p> WG Mini Corn Dogs Garden Spinach Salad Seasoned Peas Apple Wedges			

* FRUIT CHOICE EVERYDAY (9-12)

** REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

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