

Keota Community School District Breakfast Menu

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

-MENU SUBJECT TO CHANGE-

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 Waffles w/ Syrup Peaches Juice Choice Milk Choice	5 Cheese Omlet Toast and Jelly Oranges Juice Choice Milk Choice	6 Whole Grain Pastry Fresh Mixed Fruit Juice Choice Milk Choice	7 Scrambled Eggs Toast and Jelly Pears Milk Choice
10 WG French Toast Sticks Applesauce Juice Choice Milk Choice	11 Mini-Cinni Mix Fruit Juice Choice Milk Choice	12 Cereal String Cheese Apples Juice Choice Milk Choice	13 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	14 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
17 No School	18 Waffles w/ Syrup Peaches Juice Choice Milk Choice	19 Cheese Omlet Toast and Jelly Oranges Juice Choice Milk Choice	20 Whole Grain Pastry Fresh Mixed Fruit Juice Choice Milk Choice	21 Scrambled Eggs Toast and Jelly Pears Milk Choice
24 WG French Toast Sticks Applesauce Juice Choice Milk Choice	25 Mini-Cinni Mix Fruit Juice Choice Milk Choice	26 Cereal String Cheese Apples Juice Choice Milk Choice	27 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	28 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
31 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice				

* FRUIT CHOICE EVERYDAY (9-12)

** REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

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

Keota Community School District Lunch Menu

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

-MENU SUBJECT TO CHANGE-

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
No School 3	Chicken Wrap Romaine & Tomato Mix Rice Pudding Steamed Carrots Tropical Fruit 4	Spaghetti w/ Meat Sauce Garden Spinach Salad Seasoned Peas (9-12) French Garlic Bread Fresh Grapes 5	Taco Salad Whole Grain Corn Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pineapple Tidbits 6	Cheese Rites Tater Tot Green Beans Orange Wedges 7
Hamburger on a Bun Romaine Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Oatmeal Cookie 10	Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges 11	Chili Whole Grain Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smiles 12	Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-Tater Steamed Carrots Pears 13	Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas 14
No School 17	Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedge 18	Taco Burger on a Bun Romaine Lettuce & Tomato Refined Beans Salsa w/ Whole Grain Corn Tortilla Chips (9-12) Sliced Pears 19	Italian Pasta Bake Green Pepper Strips Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie 20	Pepperoni Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana 21
Soft Shell Taco Romaine & Tomato Corn Salsa & Whole Grain Corn Tortilla Chips (9-12) Apple Wedges 24	Turkey & Cheese Sub Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12) 25	Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chocolate Chip Cookie 26	Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries 27	County Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Wheat Roll & Jelly Applesauce 28
Taco Soup Whole Grain Corn Tortilla Chips Fresh Broccoli Sliced Pears Snickerdoodle 31				

* FRUIT CHOICE EVERYDAY (9-12)

** REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

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