

Keota Community School District Nov 2022 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	2 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	3 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	4 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
7 WG French Toast Sticks Applesauce Juice Choice Milk Choice	8 Mini-Cinni Mixed Fruit Juice Choice Milk Choice	9 Cereal String Cheese Apples Juice Choice Milk Choice	10 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	11 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
14 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	15 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	16 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	17 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	18 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
21 WG French Toast Sticks Applesauce Juice Choice Milk Choice	22 Mini-Cinni Mixed Fruit Juice Choice Milk Choice	23 Cereal String Cheese Apples Juice Choice Milk Choice	24 No School	25 No School
28 No School	29 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	30 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice		

* JUICE CHOICES: APPLE OR ORANGE

** MILK CHOICES: 1% WHITE OR SKIM CHOCOLATE

This institution is an equal opportunity provider

Keota Community School District November 2022 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 WG Mini Corn Dogs Garden Spinach Salad Seasoned Peas Apple Wedges	2 Sausage Patty French Toast Sticks Hash Brown Patty Fresh Baby Carrots Pineapple Tidbits	3 Popcorn Chicken Tater Tots Baked Beans Orange Wedges Corn Muffin	4 Bosco Sticks w/ Marinara Sauce Tossed Salad w/ Romaine Green Beans Whole Wheat Roll & Jelly Fresh Banana
7 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll w/ Jelly Sliced Peaches	8 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Hash Brown Patty Green Beans Kiwi Cookie (9-12)	9 Lasagna Garden Spinach Salad Whole Grain Breadstick Apple Wedges Marainara Sauce (9-12)	10 Chicken Tetrzzini Tossed Salad w/ Romaine Steamed Carrots WG French Garlic Bread Fresh Strawberries	11 Sloppy Joe on a Bun Whole Grain Chips Sweep Potato Puffs Baked Beans Fresh Grapes
14 Pig in a Blanket Potato Wedges Broccoli w/ Cheese Fresh Apple 100% Juice Cup	15 Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit	16 Spagehetti w/ Meat Sauce Garden Spinach Salad Seasoned Peas French Garlic Bread Fresh Grapes	17 Taco Salad Whole Grain Corn Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pinapple Tidbits	18 Grilled Cheese Sandwich Little Smokies Tater Tot Green Beans Oranges Wedges
21 Hamburger on a Bun Romaine Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Oatmeal Cookie	22 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	23 Chili Whole Grain Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smiles	24 No School	25 No School
28 No School	29 Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges	30 Taco Burger on a Bun Romaine Lettuce & Tomato Refried Beans Salsa w/ WG Corn Torilla 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

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Keota Community School District Dec 2022 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	2 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
5 WG French Toast Sticks Applesauce Juice Choice Milk Choice	6 Mini-Cinni Mixed Fruit Juice Choice Milk Choice	7 Cereal String Cheese Apples Juice Choice Milk Choice	8 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	9 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
12 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	13 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	14 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	15 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	16 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
19 WG French Toast Sticks Applesauce Juice Choice Milk Choice	20 Mini-Cinni Mixed Fruit Juice Choice Milk Choice	21 Cereal String Cheese Apples Juice Choice Milk Choice	22 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

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Keota Community School District December 2022 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Italian Pasta Bake Green Peppers Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie	Pepperoni 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 w/ WG Corn Torilla Chips (9-12) Apple Wedges	Turkey & Cheese Sub Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12)	Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chacolate Chip Cookie	Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries	Country Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Wheat Roll & Jelly Applesauce
12	13	14	15	16
Taco Soup Whole Grain Corn Tortilla Chips Fresh Broccoli Slided Pears Snickerdoodle	WG Mini Corn Dogs Garden Spinach Salad Seasoned Peas Apple Wedges	Sausage Patty French Toast Sticks Hash Brown Patty Fresh Baby Carrots Pineapple Tidbits	Popcorn Chicken Tater Tots Baked Beans Orange Wedges Corn Muffin	Bosco Sticks w/ Marinara Sauce Tossed Salad w/ Romaine Green Beans Whole Wheat Roll & Jelly Fresh Banana
19	20	21	22	23
Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll w/ Jelly Sliced Peaches	Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Hash Brown Patty Green Beans Kiwi Cookie (9-12)	Lasagna Garden Spinach Salad Whole Grain Breadstick Apple Wedges Marainara Sauce (9-12)	PB&J Sandwich Cheese Stick Chips Carrots Apples Cookie	No School
26	27	28	29	30
No School	No School	No School	No School	No School

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Keota Community School District Jan 2023 Breakfast Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
No School 2	Mini-Cinni Mixed Fruit Juice Choice Milk Choice 3	Cereal String Cheese Apples Juice Choice Milk Choice 4	Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice 5	Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice 6
Breakfast Pizza Tropical Fruit Juice Choice Milk Choice 9	Pancakes w/ Syrup Peaches Juice Choice Milk Choice 10	Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice 11	WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice 12	Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice 13
WG French Toast Sticks Applesauce Juice Choice Milk Choice 16	Mini-Cinni Mixed Fruit Juice Choice Milk Choice 17	Cereal String Cheese Apples Juice Choice Milk Choice 18	Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice 19	Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice 20
Breakfast Pizza Tropical Fruit Juice Choice Milk Choice 23	Pancakes w/ Syrup Peaches Juice Choice Milk Choice 24	Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice 25	WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice 26	Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice 27
WG French Toast Sticks Applesauce Juice Choice Milk Choice 30	Mini-Cinni Mixed Fruit Juice Choice Milk Choice 31			

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Keota Community School District January 2023 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	4 Chili Whole Grain Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smiles	5 Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-tater Steamed Carrots Pears	6 Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas
9 Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Chip Cookie (9-12)	10 Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges	11 Taco Burger on a Bun Romaine Lettuce & Tomato Refried Beans Salsa w/ WG Corn Torilla Chips (9-12) Sliced Pears	12 Italian Pasta Bake Green Peppers Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie	13 Pepperoni Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana
16 Soft Shell Taco Romaine & Tomato Corn Salsa w/ WG Corn Torilla Chips (9-12) Apple Wedges	17 Turkey & Cheese Sub Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12)	18 Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chacolate Chip Cookie	19 Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries	20 Country Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Wheat Roll & Jelly Applesauce
23 Taco Soup Whole Grain Corn Tortilla Chips Fresh Broccoli Slided Pears Snickerdoodle	24 WG Mini Corn Dogs Garden Spinach Salad Seasoned Peas Apple Wedges	25 Sausage Patty French Toast Sticks Hash Brown Patty Fresh Baby Carrots Pineapple Tidbits	26 Popcorn Chicken Tater Tots Baked Beans Orange Wedges Corn Muffin	27 Bosco Sticks w/ Marinara Sauce Tossed Salad w/ Romaine Green Beans Whole Wheat Roll & Jelly Fresh Banana
30 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll w/ Jelly Sliced Peaches	31 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Hash Brown Patty Green Beans Kiwi Cookie (9-12)			

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