

# Keota Community School District Mar 2024 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

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

\* JUICE CHOICES: APPLE OR ORANGE

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

This institution is an equal opportunity provider

# Keota Community School District March 2024 Lunch Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza Tossed Salad Cauliflower Garlic Bread Stick w/ Marinara Sauce Fresh Banana
4 Soft Shell Taco Romaine & Tomato Corn WG Corn Torilla Chips / Salsa Apple Wedges	5 Turkey & Cheese Sub Romaine Lettuce Tomato Slice Oven Fries Sliced Peaches	6 Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chacolate Chip Cookie	7 Stromboli Garden Spinach Salad Green Beans Fresh Strawberries	8 Fish on a Bun Potato Wedges Iceberg Lettuce Blend Applesauce
11 Taco Soup WG Corn Torilla Chips / Salsa Fresh Broccoli Slided Pears Snickerdoodle	12 WG Mini Corn Dogs Garden Spinach Salad Peas Apple Wedges	13 Sausage Patty French Toast Sticks Tri-tater Fresh Baby Carrots Pineapple Tidbits	14 Popcorn Chicken Tater Tots Baked Beans Oranges Corn Muffin	15 Bosco Sticks Tossed Salad Green Beans Marinara Sauce Banana
18 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll & Jelly Sliced Peaches	19 Pork Rib on a Bun Romaine Lettuce Sliced Tomato Tri-tater Green Beans Fresh Kiwi	20 Lasagna Garden Spinach Salad Cauliflower Breadstick Marinara Sauce Apple Wedges	21 Chicken Tetrzzini Tossed Salad Steamed Carrots Whole Grain French Bread Fresh Strawberries	22 PBJ Sandwich Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes
25 Pig in a Blanket Potato Wedges Steamed Broccoli Cucumbers Peaches	26 Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit	27 Spaghehetti w/ Meat Sauce Garden Spinach Salad Peas French Garlic Bread Fresh Grapes	28 Taco Salad WG Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pinapple Tidbits	29 <b>No School</b>

\* FRUIT CHOICE EVERYDAY (9-12)

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

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

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# Keota Community School District Apr 2024 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>No School</b>	2 <b>No School</b>	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
8 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
15 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
22 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
29 WG French Toast Sticks Applesauce Juice Choice Milk Choice	30 Mini-Cinni Mixed Fruit Juice Choice Milk Choice			

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# Keota Community School District April 2024 Lunch Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

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

\* FRUIT CHOICE EVERYDAY (9-12)

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

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