

# Keota Community School District Mar 2023 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Cereal String Cheese Apples Juice Choice Milk Choice	Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
6	7	8	9	10
Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	Pancakes w/ Syrup Peaches Juice Choice Milk Choice	Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
13	14	15	16	17
WG French Toast Sticks Applesauce Juice Choice Milk Choice	Mini-Cinni Mixed Fruit Juice Choice Milk Choice	Cereal String Cheese Apples Juice Choice Milk Choice	Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	<b>No School</b>
20	21	22	23	24
Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	Pancakes w/ Syrup Peaches Juice Choice Milk Choice	Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
27	28	29	30	31
WG French Toast Sticks Applesauce Juice Choice Milk Choice	Mini-Cinni Mixed Fruit Juice Choice Milk Choice	Cereal String Cheese Apples Juice Choice Milk Choice	Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	Sausage Breakfast Sandwich Mandarin 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 March 2023 Lunch Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chacolate Chip Cookie	2 Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries	3 Shrimp Poppers Yogurt Mashed Potatoes Steamed Broccoli Wheat Roll & Jelly Applesauce
6 Taco Soup Whole Grain Corn Tortilla Chips Fresh Broccoli Slided Pears Snickerdoodle	7 WG Mini Corn Dogs Garden Spinach Salad Seasoned Peas Apple Wedges	8 Sausage Patty French Toast Sticks Hash Brown Patty Fresh Baby Carrots Pineapple Tidbits	9 Popcorn Chicken Tater Tots Baked Beans Orange Wedges Corn Muffin	10 Bosco Sticks w/ Marinara Sauce Tossed Salad w/ Romaine Green Beans Whole Wheat Roll & Jelly Fresh Banana
13 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll w/ Jelly Sliced Peaches	14 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Hash Brown Patty Green Beans Kiwi Cookie (9-12)	15 Lasagna Garden Spinach Salad Whole Grain Breadstick Apple Wedges Marainara Sauce (9-12)	16 Chicken Tetrzzini Tossed Salad W/ Romaine Steamed Carrots WG French Garlic Bread Fresh Strawberries	17 <b>No School</b>
20 Pig in a Blanket Potato Wedges Broccoli w/ Cheese Fresh Apple 100% Juice Cup	21 Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit	22 Spagehetti w/ Meat Sauce Garden Spinach Salad Seasoned Peas French Garlic Bread Fresh Grapes	23 Taco Salad Whole Grain Corn Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pinapple Tidbits	24 Grilled Cheese Sandwich Yogurt Tater Tot Green Beans Oranges Wedges
27 Hamburger on a Bun Romaine Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Oatmeal Cookie	28 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	29 Chili Whole Grain Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smiles	30 Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-tater Steamed Carrots Pears	31 Fish on a Bun Potato Wedges Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas

\* 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 Apr 2023 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza Tropical Fruit Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">3</div>	Pancakes w/ Syrup Peaches Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">4</div>	Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">5</div>	WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">6</div>	<b>No School</b> <div style="text-align: right; font-weight: bold;">7</div>
<b>No School</b> <div style="text-align: right; font-weight: bold;">10</div>	Mini-Cinni Mixed Fruit Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">11</div>	Cereal String Cheese Apples Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">12</div>	Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">13</div>	Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">14</div>
Breakfast Pizza Tropical Fruit Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">17</div>	Pancakes w/ Syrup Peaches Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">18</div>	Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">19</div>	WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">20</div>	Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">21</div>
WG French Toast Sticks Applesauce Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">24</div>	Mini-Cinni Mixed Fruit Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">25</div>	Cereal String Cheese Apples Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">26</div>	Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">27</div>	Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice <div style="text-align: right; font-weight: bold;">28</div>

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# Keota Community School District April 2023 Lunch Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Chip Cookie (9-12)	4 Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges	5 Taco Burger on a Bun Romaine Lettuce & Tomato Refried Beans Salsa w/ WG Corn Torilla Chips (9-12) Sliced Pears	6 Italian Pasta Bake Green Peppers Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie	7 No School
10 No School	11 Turkey & Cheese Sub Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12)	12 Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chocolate Chip Cookie	13 Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries	14 Country Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Wheat Roll & Jelly Applesauce
17 Taco Soup Whole Grain Corn Tortilla Chips Fresh Broccoli Slided Pears Snickerdoodle	18 WG Mini Corn Dogs Garden Spinach Salad Seasoned Peas Apple Wedges	19 Sausage Patty French Toast Sticks Hash Brown Patty Fresh Baby Carrots Pineapple Tidbits	20 Popcorn Chicken Tater Tots Baked Beans Orange Wedges Corn Muffin	21 Bosco Sticks w/ Marinara Sauce Tossed Salad w/ Romaine Green Beans Whole Wheat Roll & Jelly Fresh Banana
24 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll w/ Jelly Sliced Peaches	25 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Hash Brown Patty Green Beans Kiwi Cookie (9-12)	26 Lasagna Garden Spinach Salad Whole Grain Breadstick Apple Wedges Marainara Sauce (9-12)	27 Chicken Tetrzzini Tossed Salad W/ Romaine Steamed Carrots WG French Garlic Bread Fresh Strawberries	28 Sloppy Joe on a Bun Whole Grain Chips Sweep Potato Puffs Baked Beans Fresh Grapes

\* FRUIT CHOICE EVERYDAY (9-12)

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