

# Keota Community School District May 2024 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

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

\* JUICE CHOICES: APPLE OR ORANGE

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

This institution is an equal opportunity provider

# Keota Community School District May 2024 Lunch Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Lasagna Garden Spinach Salad Cauliflower Breadstick Marinara Sauce Apple Wedges	Chicken Tetrazzini Tossed Salad Steamed Carrots Whole Grain French Bread Fresh Strawberries	Sloppy Joe on a Bun Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes
6	7	8	9	10
Pig in a Blanket Potato Wedges Steamed Broccoli Cucumbers Peaches	Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit	Spagheetti w/ Meat Sauce Garden Spinach Salad Peas French Garlic Bread Fresh Grapes	Taco Salad WG Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pinapple Tidbits	Grilled Cheese Sandwich Little Smokies Tater Tots Green Beans Oranges Wedges
13	14	15	16	17
Hamburger on a Bun Romaine Lettuce Tomato Slice Sweet Potato Fries Fruit Cocktail Oatmeal Cookie	Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	Chili Whole Grain Corn Chips Cauliflower Cucumbers Cinnamon Roll Orange Smiles	Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-tater Steamed Carrots Pears	Chicken Nuggets Mashed Poatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas
20	21	22	23	24
Cook's Choice	Cook's Choice	Cook's Choice	<b>Last Day No Lunch</b>	
27	28	29	30	31

\* FRUIT CHOICE EVERYDAY (9-12)  
 \*\* REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES  
 \*\*\* MILK CHOICES: 1% WHITE AND SKIM CHOCOLATE  
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