

Keota Community School District Breakfast Menu

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

-MENU SUBJECT TO CHANGE-

May 2021

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3	4	5	6	7
Cereal String Cheese Sliced Pears Juice Choice Milk Choice	Sausage Breakfast Sandwich Sliced Peaches Juice Choice Milk Choice	Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	Cheese Omelet Toast & Jelly Mixed Fruit Juice Choice Milk Choice	Breakfast Cookie Orange Wedges Juice Choice Milk Choice
10	11	12	13	14
Cereal String Cheese Sliced Pears Juice Choice Milk Choice	Sausage Breakfast Sandwich Sliced Peaches Juice Choice Milk Choice	Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	Pastry Fresh Mixed Fruit Juice Choice Milk Choice	Ultimate Breakfast Cookie Apple Wedges Juice Choice Milk Choice
17	18	19	20	21
Cereal String Cheese Sliced Pears Juice Choice Milk Choice	Sausage Breakfast Sandwich Sliced Peaches Juice Choice Milk Choice	Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	Cheese Omelet Toast & Jelly Mixed Fruit Juice Choice Milk Choice	Cooks Choice
24	25	26	27	28
Cooks Choice	Cooks Choice	Cooks Choice	Last Day of School	

* JUICE CHOICES: APPLE OR ORANGE

** MILK CHOICES: 1% WHITE OR SKIM CHOCOLATE

Keota Community School District Lunch Menu

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May 2021

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3	4	5	6	7
Mini Corn Dogs Garden Spinach Salad Cucumbers Apple Wedges	Turkey & Cheese Sub Romaine Lettuce & Tomato French Fries Slice Peaches Graham Snacks (9-12)	Chicken Patty on a Bun Tri-Tater Baked Beans Orange Wedges	Macaroni & Cheese Meat Balls Corn Baby Carrots Whole Wheat Bread & Jelly Strawberries	Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana
10	11	12	13	14
Hot Ham & Cheese Potato Wedges Fresh Broccoli Fresh Grapes	Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Sweet Potato Puffs Green Beans Apple Wedges	Taco Burger Romaine Lettuce & Tomato Refried Beans Salsa w/ Whole Grain Tortilla Chips (9-12) Pears	Chicken Nuggets Mash Potato & Gravy Green Peppers Wheat Roll & Jelly Pineapple	Tenderlion on a Bun Romaine Lettuce Tomato Slice Tri-Tater Steamed Carrots Applesauce
17	18	19	20	21
Pig in Blanket Potato Wedge Broccoli w/ Cheese Apple Wedges 100% Juice Cup	Pork Burger on a Bun Chips Carrots Apples Cookie	Spaghetti w/ Meat Sauce Garden Spinach Salad Peas French Garlic Bread Grapes	Fish on a Bun Tater Tots Green Beans Orange Wedges	Cooks Choice
24	25	26	27	28
Cooks Choice	Cooks Choice	Cooks Choice	Last Day of School No Lunch	

* FRUIT CHOICE EVERYDAY (9-12)

** REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

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