

# Keota Community School District Nov 2023 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

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

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sausage Patty French Toast Sticks Tri-tater Fresh Baby Carrots Pineapple Tidbits	2 Popcorn Chicken Tater Tots Baked Beans Oranges Corn Muffin	3 Bosco Sticks Tossed Salad Green Beans Marinara Sauce Banana
6 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll & Jelly Sliced Peaches	7 Pork Rib on a Bun Romaine Lettuce Sliced Tomato Tri-tater Green Beans Fresh Kiwi	8 Lasagna Garden Spinach Salad Cauliflower Breadstick Marinara Sauce Apple Wedges	9 Chicken Tetrzzini Tossed Salad Steamed Carrots Whole Grain French Bread Fresh Strawberries	10 Sloppy Joe on a Bun Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes
13 Pig in a Blanket Potato Wedges Steamed Broccoli Cucumbers Peaches	14 Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit	15 Spagheetti w/ Meat Sauce Garden Spinach Salad Peas French Garlic Bread Fresh Grapes	16 Taco Salad WG Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pinapple Tidbits	17 Grilled Cheese Sandwich Little Smokies Tater Tots Green Beans Oranges Wedges
20 Hamburger on a Bun Romaine Lettuce Tomato Slice Sweet Potato Fries Fruit Cocktail Oatmeal Cookie	21 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	22 <b>No School</b>	23 <b>No School</b>	24 <b>No School</b>
27 <b>No School</b>	28 Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges	29 Taco Burger on a Bun Romaine Lettuce & Tomato Slice Refried Beans WG Corn Torilla Chips / Salsa (9-12) Sliced Pears	30 Italian Pasta Bake Green Peppers Strips Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie	

\* FRUIT CHOICE EVERYDAY (9-12)

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

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# Keota Community School District Dec 2023 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 Grahman 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 Grahman Crackers Banana Juice Choice Milk Choice	22 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
25 <b>No School</b>	26 <b>No School</b>	27 <b>No School</b>	28 <b>No School</b>	29 <b>No School</b>

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# Keota Community School District December 2023 Lunch Menu

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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 Country Style Beef Pattie Mashed Potatoes & Gravy Iceberg Lettuce Blend Wheat Roll & Jelly Applesauce
11 Taco Soup WG Corn Torilla Chips / Salsa Fresh Broccoli Slided Pears Snickerdoodle	12 WG Mini Corn Dogs Garden Spinach Salad Yellow Peppers 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 Carrots Apples Rice Krispie Treat
25 <b>No School</b>	26 <b>No School</b>	27 <b>No School</b>	28 <b>No School</b>	29 <b>No School</b>

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