

Keota Community School District Breakfast Menu

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

-MENU SUBJECT TO CHANGE-

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	Pancakes w/ Syrup Peaches Juice Choice Milk Choice	Cheese Omlet Toast and Jelly Oranges Juice Choice Milk Choice	Whole Grain Pastry Fresh Mixed Fruit Juice Choice Milk Choice	Scrambled Eggs Toast and Jelly Pears Milk Choice
WG French Toast Sticks Applesauce Juice Choice Milk Choice	Mini-Cinni Mix Fruit Juice Choice Milk Choice	Cereal String Cheese Apples Juice Choice Milk Choice	Breakfast Egg Wrap w/ Salsa Grahman Crackers Banana Juice Choice Milk Choice	Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	Pancakes w/ Syrup Peaches Juice Choice Milk Choice	Cheese Omlet Toast and Jelly Oranges Juice Choice Milk Choice	Whole Grain Pastry Fresh Mixed Fruit Juice Choice Milk Choice	Scrambled Eggs Toast and Jelly Pears Milk Choice
WG French Toast Sticks Applesauce Juice Choice Milk Choice	Mini-Cinni Mix Fruit Juice Choice Milk Choice	Cereal String Cheese Apples Juice Choice Milk Choice	No School	No School
No School	Pancakes w/ Syrup Peaches Juice Choice Milk Choice			

* 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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Monday	Tuesday	Wednesday	Thursday	Friday
1 Taco Soup Whole Grain Corn Tortilla Chips Fresh Broccoli Sliced Pears Snickerdoodle	2 Whole Grain Mini Corn Dog Garden Spinach Salad Peas Apple Wedges	3 Sausage Patty French Toast Sticks Tri-Tater Fresh Baby Carrots Pineapple Tidbits	4 Chicken Fajita Lettuce Salsa & Whole Grain Corn Tortilla Chips Refried Beans Orange Wedges	5 Tater Tot Casserole Tossed Salad w/ Romaine Green Beans Whole Wheat Roll & Jelly Fresh Banana
8 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll & Jelly Sliced Peaches	9 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Tri-Tater Green Beans Fresh Kiwi Cookie (9-12)	10 Lasagna Garden Spinach Salad Whole Grain Breadstick Apple Wedges Marinara Sauce (9-12)	11 Chicken Tetrazzini Tossed Salad w/ Romaine Steamed Carrots Whole Grain Frech Garlic Bread Fresh Strawberries	12 Sloppy Joe on a Bun Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes
15 Pig in a Blanket Potato Wedges Broccoli w/ Cheese Fresh Apple 100% Juice Cup	16 Chicken Wrap Romaine & Tomato Mix Rice Pudding Steamed Carrots Tropical Fruit	17 Spaghetti w/ Meat Sauce Garden Spinach Salad Seasoned Peas (9-12) French Garlic Bread Fresh Grapes	18 Taco Salad Whole Grain Corn Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pineapple Tidbits	19 Fish Sandwich Tater Tot Green Beans Orange Wedges
22 Hamburger on a Bun Romaine Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Oatmeal Cookie	23 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	24 Chili Whole Grain Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smiles	25 No School Thanksgiving	26 No School
29 No School	30 Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedge			

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