

Keota Community School District Breakfast Menu

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

-MENU SUBJECT TO CHANGE-

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
4 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	5 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	6 Cheese Omlet Toast and Jelly Oranges Juice Choice Milk Choice	7 Whole Grain Pastry Fresh Mixed Fruit Juice Choice Milk Choice	8 Scrambled Eggs Toast and Jelly Pears Milk Choice
11 WG French Toast Sticks Applesauce Juice Choice Milk Choice	12 Mini-Cinni Mix Fruit Juice Choice Milk Choice	13 Cereal String Cheese Apples Juice Choice Milk Choice	14 Breakfast Egg Wrap w/ Salsa Graham Crackers Banana Juice Choice Milk Choice	15 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
18 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	19 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	20 Cheese Omlet Toast and Jelly Oranges Juice Choice Milk Choice	21 Whole Grain Pastry Fresh Mixed Fruit Juice Choice Milk Choice	22 Scrambled Eggs Toast and Jelly Pears Milk Choice
25 WG French Toast Sticks Applesauce Juice Choice Milk Choice	26 Mini-Cinni Mix Fruit Juice Choice Milk Choice	27 Cereal String Cheese Apples Juice Choice Milk Choice	28 Breakfast Egg Wrap w/ Salsa Graham Crackers Banana Juice Choice Milk Choice	29 Sausage Breakfast Sandwich Mandarin Oranges 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

Keota Community School District Lunch Menu

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October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Sloppy Joe on a Bun Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes
4 Pig in a Blanket Potato Wedges Broccoli w/ Cheese Fresh Apple 100% Juice Cup	5 Chicken Wrap Romaine & Tomato Mix Rice Pudding Steamed Carrots Tropical Fruit	6 Spaghetti w/ Meat Sauce Garden Spinach Salad Seasoned Peas (9-12) French Garlic Bread Fresh Grapes	7 Taco Salad Whole Grain Corn Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pineapple Tidbits	8 Fish Sandwich Tater Tot Green Beans Orange Wedges
11 Hamburger on a Bun Romaine Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Oatmeal Cookie	12 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	13 Chili Whole Grain Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smiles	14 Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-Tater Steamed Carrots Pears	15 Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas
18 Hot Ham & Cheese Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Chip Cookie (9-12)	19 Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedge	20 Taco Burger on a Bun Romaine Lettuce & Tomato Refined Beans Salsa w/ Whole Grain Corn Tortilla Chips (9-12) Sliced Pears	21 Italian Pasta Bake Green Pepper Strips Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie	22 Pepperoni Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana
25 Soft Shell Taco Romaine & Tomato Corn Salsa & Whole Grain Corn Tortilla Chips (9-12) Apple Wedges	26 Turkey & Cheese Sub Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12)	27 Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chocolate Chip Cookie	28 Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries	29 County Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Wheat Roll & Jelly Applesauce

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