

Keota Community School District Sep 2023 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | | | | 1 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice |
| 4 No School | 5 Pancakes w/ Syrup Peaches Juice Choice Milk Choice | 6 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice | 7 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice | 8 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice |
| 11 WG French Toast Sticks Applesauce Juice Choice Milk Choice | 12 Mini-Cinni Mixed Fruit Juice Choice Milk Choice | 13 Cereal String Cheese Apples Juice Choice Milk Choice | 14 Breakfast Bar 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 & Jelly Oranges Juice Choice Milk Choice | 21 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice | 22 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice |
| 25 WG French Toast Sticks Applesauce Juice Choice Milk Choice | 26 Mini-Cinni Mixed Fruit Juice Choice Milk Choice | 27 Cereal String Cheese Apples Juice Choice Milk Choice | 28 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice | 29 Sausage Breakfast Sandwich Mandarin Oranges 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 September 2023 Lunch Menu

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| | | | | 1 Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas |
| 4 No School | 5 Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges | 6 Taco Burger on a Bun Romaine Lettuce & Tomato Slice Refried Beans Salsa w/ Whole Grain Corn Torilla Chips (9-12) Sliced Pears | 7 Italian Pasta Bake Green Peppers Strips Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie | 8 Pepperoni Pizza Tossed Salad Cauliflower Garlic Bread Stick w/ Marinara Sauce Fresh Banana |
| 11 Soft Shell Taco Romaine & Tomato Corn Salsa & Whole Grain Corn Tortilla Chips (9-12) Apple Wedges | 12 Turkey & Cheese Sub Romaine Lettuce Tomato Slice Oven Fries Sliced Peaches | 13 Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chacolate Chip Cookie | 14 Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries | 15 Country Style Beef Pattie Mashed Potatoes & Gravy Iceberg Lettuce Blend Wheat Roll & Jelly Applesauce |
| 18 Taco Soup Whole Grain Corn Tortilla Chips w/ Salsa Fresh Broccoli Slided Pears Snickerdoodle | 19 WG Mini Corn Dogs Garden Spinach Salad Peas Apple Wedges | 20 Sausage Patty French Toast Sticks Tri-tater Fresh Baby Carrots Pineapple Tidbits | 21 Popcorn Chicken Tater Tots Baked Beans Orange Corn Muffin | 22 Bosco Sticks Tossed Salad Green Beans Marinara Sauce Banana |
| 25 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll & Jelly Sliced Peaches | 26 Pork Rib on a Bun Romaine Lettuce Sliced Tomato Tri-tater Green Beans Fresh Kiwi | 27 Lasagna Garden Spinach Salad Cauliflower Breadstick Marinara Sauce Apple Wedges | 28 Chicken Tetrzzini Tossed Salad Steamed Carrots Whole Grain French Bread Fresh Strawberries | 29 Sloppy Joe on a Bun Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes |

* FRUIT CHOICE EVERYDAY (9-12)

** REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

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

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Keota Community School District Oct 2023 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 2 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice | 3 Pancakes w/ Syrup Peaches Juice Choice Milk Choice | 4 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice | 5 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice | 6 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice |
| 9 WG French Toast Sticks Applesauce Juice Choice Milk Choice | 10 Mini-Cinni Mixed Fruit Juice Choice Milk Choice | 11 Cereal String Cheese Apples Juice Choice Milk Choice | 12 Breakfast Bar Grahman Crackers Banana Juice Choice Milk Choice | 13 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice |
| 16 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice | 17 Pancakes w/ Syrup Peaches Juice Choice Milk Choice | 18 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice | 19 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice | 20 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice |
| 23 WG French Toast Sticks Applesauce Juice Choice Milk Choice | 24 Mini-Cinni Mixed Fruit Juice Choice Milk Choice | 25 Cereal String Cheese Apples Juice Choice Milk Choice | 26 Breakfast Bar Grahman Crackers Banana Juice Choice Milk Choice | 27 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice |
| 30 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice | 31 Pancakes w/ Syrup Peaches Juice Choice Milk Choice | | | |

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Keota Community School District October 2023 Lunch Menu

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| 2 Pig in a Blanket Potato Wedges Steamed Broccoli Cucumbers Peaches | 3 Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit | 4 Spagehetti w/ Meat Sauce Garden Spinach Salad Peas French Garlic Bread Fresh Grapes | 5 Taco Salad WG Corn Tortilla Chips Salsa Refried Beans Cinnamon Puff Pinapple Tidbits | 6 Grilled Cheese Sandwich Little Smokies Tater Tots Green Beans Oranges Wedges |
| 9 Hamburger on a Bun Romaine Lettuce Tomato Slice Sweet Potato Fries Fruit Cocktail Oatmeal Cookie | 10 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges | 11 Chili Whole Grain Corn Chips Cauliflower Cucumbers Cinnamon Roll Orange Smiles | 12 Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-tater Steamed Carrots Pears | 13 Chicken Nuggets Mashed Poatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas |
| 16 Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes | 17 Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges | 18 Taco Burger on a Bun Romaine Lettuce & Tomato Slice Refried Beans WG Corn Torilla Chips / Salsa (9-12) Sliced Pears | 19 Italian Pasta Bake Green Peppers Strips Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie | 20 Pizza Tossed Salad Cauliflower Garlic Bread Stick w/ Marinara Sauce Fresh Banana |
| 23 Soft Shell Taco Romaine & Tomato Corn WG Corn Torilla Chips / Salsa Apple Wedges | 24 Turkey & Cheese Sub Romaine Lettuce Tomato Slice Oven Fries Sliced Peaches | 25 Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chacolate Chip Cookie | 26 Stromboli Garden Spinach Salad Green Beans Fresh Strawberries | 27 Country Style Beef Pattie Mashed Potatoes & Gravy Iceberg Lettuce Blend Wheat Roll & Jelly Applesauce |
| 30 Taco Soup WG Corn Torilla Chips / Salsa Fresh Broccoli Slided Pears Snickerdoodle | 31 WG Mini Corn Dogs Garden Spinach Salad Peas Apple Wedges | | | |

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** REDUCED FAT DRESSING OFFERED WITH SALADS AND VEGETABLES

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