

Keota Community School District Jan 2023 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Mini-Cinni Mixed Fruit Juice Choice Milk Choice	4 Cereal String Cheese Apples Juice Choice Milk Choice	5 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	6 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
9 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	10 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	11 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	12 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	13 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
16 WG French Toast Sticks Applesauce Juice Choice Milk Choice	17 Mini-Cinni Mixed Fruit Juice Choice Milk Choice	18 Cereal String Cheese Apples Juice Choice Milk Choice	19 Breakfast Bar Graham Crackers Banana Juice Choice Milk Choice	20 Sausage Breakfast Sandwich Mandarin Oranges Juice Choice Milk Choice
23 Breakfast Pizza Tropical Fruit Juice Choice Milk Choice	24 Pancakes w/ Syrup Peaches Juice Choice Milk Choice	25 Cheese Omlet Toast & Jelly Oranges Juice Choice Milk Choice	26 WG Pastry Fresh Mixed Fruit Juice Choice Milk Choice	27 Scrambled Eggs Toast & Jelly Pears Juice Choice Milk Choice
30 WG French Toast Sticks Applesauce Juice Choice Milk Choice	31 Mini-Cinni 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 January 2023 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
No School 2	3 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	4 Chili Whole Grain Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smiles	5 Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-tater Steamed Carrots Pears	6 Chicken Nuggets Mashed Potatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas
9 Hot Ham & Cheese on a Bun Potato Wedges Fresh Broccoli Fresh Grapes Chocolate Chip Cookie (9-12)	10 Shrimp Poppers Yogurt Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges	11 Taco Burger on a Bun Romaine Lettuce & Tomato Refried Beans Salsa w/ WG Corn Torilla Chips (9-12) Sliced Pears	12 Italian Pasta Bake Green Peppers Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie	13 Pepperoni Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana
16 Soft Shell Taco Romaine & Tomato Corn Salsa w/ WG Corn Torilla Chips (9-12) Apple Wedges	17 Turkey & Cheese Sub Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12)	18 Chicken Patty on a Bun Sweet Potato Puffs Baked Beans Orange Wedges Chocolate Chip Cookie	19 Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries	20 Country Style Beef Pattie Mashed Potatoes & Gravy Steamed Broccoli Wheat Roll & Jelly Applesauce
23 Taco Soup Whole Grain Corn Tortilla Chips Fresh Broccoli Slided Pears Snickerdoodle	24 WG Mini Corn Dogs Garden Spinach Salad Seasoned Peas Apple Wedges	25 Sausage Patty French Toast Sticks Hash Brown Patty Fresh Baby Carrots Pineapple Tidbits	26 Popcorn Chicken Tater Tots Baked Beans Orange Wedges Corn Muffin	27 Bosco Sticks w/ Marinara Sauce Tossed Salad w/ Romaine Green Beans Whole Wheat Roll & Jelly Fresh Banana
30 Baked Chicken Drumstick Savory Rice Fresh Broccoli Corn Oatmeal Roll w/ Jelly Sliced Peaches	31 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Hash Brown Patty Green Beans Kiwi Cookie (9-12)			

* 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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Keota Community School District Feb 2023 Breakfast Menu

-MENU IS SUBJECT TO CHANGE AT ANY TIME-

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

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Keota Community School District February 2023 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lasagna Garden Spinach Salad Whole Grain Breadstick Apple Wedges Marainara Sauce (9-12)	2 Chicken Tetrazzini Tossed Salad W/ Romaine Steamed Carrots WG French Garlic Bread Fresh Strawberries	3 Sloppy Joe on a Bun Whole Grain Chips Sweep Potato Puffs Baked Beans Fresh Grapes
6 Pig in a Blanket Potato Wedges Broccoli w/ Cheese Fresh Apple 100% Juice Cup	7 Chicken Wrap Romaine & Tomato Rice Pudding Steamed Carrots Tropical Fruit	8 Spaghehetti w/ Meat Sauce Garden Spinach Salad Seasoned Peas French Garlic Bread Fresh Grapes	9 Taco Salad Whole Grain Corn Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pinapple Tidbits	10 Grilled Cheese Sandwich Little Smokies Tater Tot Green Beans Oranges Wedges
13 Hamburger on a Bun Romaine Lettuce & Tomato Sweet Potato Fries Fruit Cocktail Oatmeal Cookie	14 Macaroni & Cheese Meat Balls Peas Fresh Baby Carrots Whole Wheat Bread & Jelly Apple Wedges	15 Chili Whole Grain Corn Chips Cauliflower & Cucumbers Cinnamon Roll Orange Smiles	16 Tenderloin on a Bun Romaine Lettuce Tomato Slice Tri-tater Steamed Carrots Pears	17 Chicken Nuggets Mashed Poatoes & Gravy Fresh Broccoli Wheat Roll & Jelly Strawberries & Bananas
20 No School	21 Country Beef Patty Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly Orange Wedges	22 Fish on a Bun Romaine Lettuce & Tomato Refried Beans Salsa w/ WG Corn Torilla Chips (9-12) Sliced Pears	23 Italian Pasta Bake Green Peppers Strips & Fresh Baby Carrots Whole Wheat Bread & Jelly (9-12) Applesauce Sugar Cookie	24 Cheese Pizza Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Sauce Fresh Banana
27 Soft Shell Taco Romaine & Tomato Corn Salsa w/ WG Corn Torilla Chips (9-12) Apple Wedges	28 Turkey & Cheese Sub Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12)			

* FRUIT CHOICE EVERYDAY (9-12)

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