



Keystone Elementary April Lunch Menu

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
2 NO SCHOOL	3 Taco Tuesday Taco Salad w/ Beef , Cheese, Crunchy Chips & Fiesta Rice Black Bean Salad Celery Sticks Blueberries Non Fat Milk	4 Assorted Pasta Bar w/ 2 Garlic Wedges Steamed Green Beans Broccoli Florets Diced Pears Non Fat Milk	5 Fresh Baked Pepperoni Pinwheel w/ Marinara Steamed Broccoli Romaine Lettuce Salad Diced Peaches Non Fat Milk	6 Cheeseburger on a Bun Oven Baked French Fries Broccoli Florets Applesauce Cup Non Fat Milk	Nachos & Cheese Munchable Chef Salad* w/Ham, Cheese, Egg & Bread Bologna and Cheese Sandwich Sun Butter & Jelly Sandwich	
9 Belgium Waffle w/ 2 Juicy Sausages Patties Crispy Tater Tots Romaine Lettuce Salad Mixed Fruit Non Fat Milk	10 Taco Tuesday Beef Soft Taco w/ Cheese, Lettuce, & Tomato Refried Beans Celery Sticks Pineapple Salsa w/Chips Non Fat Milk	11 Homemade Macaroni & Cheese w/ Soft Pretzel Steamed Green Beans Celery Sticks Blueberries Non Fat Milk	12 Popcorn Chicken Bowl w/ Dinner Roll Steamed Corn Romaine Lettuce Salad Diced Peaches Non Fat Milk	13 Hot Italian Hoagie Seasoned Peas Broccoli Florets Applesauce Cup Non Fat Milk	Pizza Dippers Munchable Crispy Chicken Salad w/ Dinner Roll Italian Wrap Sun Butter & Jelly Sandwich	
16 Grilled Cheese or Buffalo Chicken Grilled Cheese Homemade Baked Beans Romaine Lettuce Salad Mixed Fruit Non Fat Milk	17 Taco Tuesday Crunchy Beef Nachos w/ Cheese & Spanish Rice Steamed Broccoli Celery Sticks Blueberries Non Fat Milk	18  Ruby's Red Pasta w/ Garlic Breadstick Steamed Green Beans Celery Sticks Blueberries Non Fat Milk	19 Baked Meatball & Mozzarella Hoagie Seasoned Carrots Romaine Lettuce Salad Diced Pears Non Fat Milk	20 Ham & Cheese Pretzel Melt Crispy Tater Tots Broccoli Florets Applesauce Cup Non Fat Milk	Chicken Nugget Munchable Chef Salad w/Meat, Cheese* & Roll Turkey & American Cheese Sandwich Sun Butter & Jelly Sandwich	
23 Cinnamon French Toast Sticks w/ 2 Juicy Sausage Patties Sweet Potato Fries Romaine Lettuce Salad Mixed Fruit Non Fat Milk	24 Taco Tuesday Walking Tacos w/Beef, Nacho Cheese Doritos & Rice Refried Beans Celery Sticks Blueberries Non Fat Milk	25 Spaghetti w/ Meatballs & 2 Garlic Wedges Steamed Green Beans* Celery Sticks* Sliced Strawberry Non Fat Milk	26 Fresh Baked Italian Dunkers Sliced Carrots Romaine Lettuce Salad Diced Pears Non Fat Milk	27 Slow Roasted Pulled Pork Sandwich Oven Baked French Fries Broccoli Florets Applesauce Cup Non Fat Milk	Ham & Cheese Munchable Crispy Chicken Salad w/Dinner Roll Turkey & Cheese Wrap Sun Butter and Jelly Sandwich	
30 Popcorn Chicken Bowl w/ Belly Bears Steamed Corn Romaine Lettuce Salad Mixed Fruit Non Fat Milk				 Whole Grains Available Daily	Pizza Dippers Munchable Turkey and Cheese Salad* w/Dinner Roll Ham and Cheese Sandwich Sun Butter and Jelly Sandwich	
Monday Chicken Nuggets with Bread(26)	Tuesday Home Style Pepperoni Pizza (48)	Wednesday Crispy Chicken Sandwich(39)	Thursday Corn Dog Nuggets(31)	Friday Home Style Cheese Pizza (48)	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE	



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Gluten Free

Everyday the main entrée can be prepared
Gluten Free with notice the morning of.
Everyday there are gluten free salads
offered.

* Denotes Gluten Free Items