




Keystone Elementary May Lunch Menu

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
 <p>What Makes a Meal? You must choose at least 3 of 5 components available for the school lunch price.</p> <p>Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk <i>*Students must choose at least one fruit or vegetable</i></p>	 <p>Whole Grains Available Daily</p> <p>Lunch Prices: Paid \$2.25 Reduced \$3.00</p>	1 Bacon Cheeseburger Homemade Baked Beans Celery Sticks Mixed Fruit Non Fat Milk	2 Fresh Baked Pepperoni Pinwheels Steamed Carrots* Sliced Cucumber Diced Pears Non Fat Milk	3 Hot Turkey Sandwich w/ Gravy Mashed Potatoes Fresh Salad Mix Blueberries Non Fat Milk	4 Ranch Chicken Wrap Oven Baked French Fries Baby Carrots Applesauce Cup Non Fat Milk	Pizza Dippers Munchable Crispy Chicken Salad w/Dinner Roll Italian Wrap Sun Butter & Jelly Sandwich
	 <p>Fresh Fruits and Vegetables Offered Daily</p> <p>*Vegetables may include: Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery & Cucumber <i>*May choose two 1/2 cup servings</i></p> <p>*Fruits may include: Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce <i>*May choose one 1/2 cup serving</i></p> <p>MENUS SUBJECT TO CHANGE</p>	7 Cinnamon French Toast Sticks w/ 2 Juicy Sausage Patties Baked Home Fries Baby Carrots Diced Peaches Non Fat Milk	8 Taco Tuesday Beef Soft Taco w/ Cheese, Lettuce, & Tomato Homemade Baked Beans Celery Sticks Mixed Fruit Non Fat Milk	9 Assorted Pasta Bar w/ 2 Garlic Wedges Steamed Green Beans Sliced Cucumber Diced Pears Non Fat Milk	10 Popcorn Chicken Bowl w/ Dinner Roll Steamed Corn Fresh Salad Mix Blueberries Non Fat Milk	11 Baked Ham & Cheese Hoagie Crispy Tater Tots Baby Carrots Strawberry Shortcake Non Fat Milk
	14 Savory BBQ Ham Sandwich Steamed Broccoli Baby Carrots Diced Peaches Non Fat Milk	15 Taco Tuesday Walking Tacos w/Beef, Nacho Cheese Doritos & Spanish Rice Refried Beans Celery Sticks Mixed Fruit Non Fat Milk	16 Homemade Macaroni & Cheese w/ Soft Pretzel Sweet Carrots Sliced Cucumber Diced Pears Non Fat Milk	17 Fresh Baked Italian Dunkers Steamed Green Beans Baby Carrots Blueberries Non Fat Milk	18 Ham & Cheese Pretzel Melt Seasoned Diced Potatoes Celery Sticks Applesauce Cups Non Fat Milk	Nachos & Cheese Munchable Chef Salad* w/Ham, Cheese, Egg & Bread Bologna and Cheese Sandwich Sun Butter & Jelly Sandwich
	21 2 Fluffy Pancakes w/ 2 Juicy Sausage Patties Seasoned Home Fries Baby Carrots Diced Peaches Non Fat Milk	22 Taco Tuesday Crunchy Beef Nachos w/ Cheese & Fiesta Rice Seasoned Peas Celery Sticks Mixed Fruit Non Fat Milk	23 Slow Roasted BBQ Pork Sandwich Crispy Tater Tots Fresh Salad Mix Diced Pears Non Fat Milk	24 Ham & Cheese Or Turkey & Cheese Hoagie Steamed Green Beans Baby Carrots Blueberries Non Fat Milk	25 Picnic Cook Out Cheeseburger w/ Creamy Macaroni Salad Homemade Baked Beans Variety of Fresh Vegetable Assorted Fresh Fruit Non Fat Milk	Chef's Choice Munchable Assorted Sandwiches & Salads Sun Butter and Jelly Sandwich
	28 NO SCHOOL	29 Chef's Choice Steamed Vegetable Fresh Vegetable Assorted Fruit Non Fat Milk	30 Chef's Choice Steamed Vegetable Fresh Vegetable Assorted Fruit Non Fat Milk	31 Chef's Choice Steamed Vegetable Fresh Vegetable Assorted Fruit Non Fat Milk	1 Chef's Choice Steamed Vegetable Fresh Vegetable Assorted Fruit Non Fat Milk	Chef's Choice Munchable Assorted Sandwiches & Salads 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



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