

# Keystone Elementary February Lunch Menu

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## 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
 Whole Grains Available Daily				1 Baked Meatball Hoagie Green Beans Celery Sticks Mandarin Oranges Non Fat Milk	Fruit and Yogurt Parfait Turkey and Cheese Salad* w/Dinner Roll Ham and Cheese Sandwich Sun Butter and Jelly Sandwich
4 Grilled Cheese & Tomato Soup Sweet Peas Romaine Lettuce Salad Mixed Fruit	5 Beef Soft Taco w/ Fiesta Rice Refried Beans Celery Sticks Diced Peaches Non Fat Milk	6 Pepperoni Pinwheels Steamed Broccoli Baby Carrots Diced Pears Non Fat Milk	7 Pasta w/Meatballs & Garlic Breadstick Steamed Green Beans Broccoli Florets Applesauce	8 Popcorn Chicken Po'boy Sandwich Oven Baked French Fries Romaine Lettuce Salad Pineapple Tidbits	BYO Pizza Munchable Crispy Chicken Salad w/ Dinner Roll Italian Wrap Sun Butter & Jelly Sandwich
11 2 Waffles w/ Sausage Crispy Tater Tots Romaine Lettuce Salad Mixed Fruit Non Fat Milk	12 Beef Nachos w/ Cheese & Spanish Rice Cheesy Refried Beans Celery Sticks Diced Peaches Non Fat Milk	13 Cheesy Lasagna Roll Ups w/ Garlic Breadstick Steamed Green Beans Baby Carrots Diced Pears Non Fat Milk	14 Oven Baked Ham w/Noodles & Dinner Roll Mashed Potatoes Broccoli Florets Cinnamon Sliced Apples Non Fat Milk	15 Popcorn Chicken Bowl w/ Dinner Roll Steamed Corn Romaine Lettuce Salad Mandarin Oranges Non Fat Milk	Nachos & Cheese Munchable Chef Salad* w/Ham, Cheese, Egg & Bread Turkey and Cheese Sandwich Sun Butter & Jelly Sandwich
18 NO SCHOOL	19 Beef or Chicken Soft Taco w/Lettuce, Tomato, & Cheese Refried Beans Celery Sticks Diced Peaches Non Fat Milk	20 Fresh Baked Meatball & Mozzarella Hoagie Steamed Green Beans Baby Carrots Diced Pears Non Fat Milk	21 Fish Sticks w/Cake Pop Oven Baked French Fries Romaine Lettuce Salad Fresh Orange Non Fat Milk	22 French Toast Sticks w/Sausage Sweet Potato Fries Romaine Lettuce Salad Mixed Fruit Non Fat Milk	WBJ Munchable Crispy Chicken Salad w/Dinner Roll Turkey & Cheese Wrap Sun Butter and Jelly Sandwich
25 BBQ Pork Sandwich Steamed Broccoli Romaine Lettuce Salad Mixed Fruit Non Fat Milk	26 Walking Tacos w/Beef, Nacho Cheese Doritos & Bread Slice Refried Beans Celery Sticks Diced Peaches Non Fat Milk	27 Assorted Pasta Bar w/ 2 Garlic Wedges Steamed Green Beans Baby Carrots Diced Pears Non Fat Milk	28 Hot Turkey Sandwich Mashed Potatoes Romaine Lettuce Salad Applesauce Non Fat Milk	Lunch Prices: Paid \$2.25 Reduced \$3.30	Fruit and Yogurt Parfait Turkey and Cheese Salad* w/Dinner Roll Ham and Cheese Sandwich Sun Butter and Jelly Sandwich
Monday Chicken Nuggets with Belly Bears	Tuesday Home Style Pepperoni Pizza	Wednesday Crispy Chicken Sandwich	Thursday Corn Dog Nuggets	Friday Home Style Pepperoni Pizza	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