

Keystone Elementary May 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 Peaches
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	
1 Crispy Chicken Salad w/ Cinnamon Roll Oven Baked French Fries Baby Carrots Whole Apple Non Fat Milk	2 Taco Tuesday!! Walking Tacos w/Beef, Nacho Cheese Doritos & Bread Slice Refried Beans Celery Sticks Diced Peaches Non Fat Milk	3 Assorted Pasta Bar w/ 2 Garlic Wedges Steamed Green Beans Broccoli Florets Diced Pears Non Fat Milk	4 French Toast Sticks w/ Sausage Sweet Potato Fries Romaine Lettuce Salad Whole Apple Non Fat Milk	5 Freshly Baked or Cold Ham & Cheese Hoagie Steamed Broccoli Baby Carrots Cinnamon Sliced Apples Non Fat Milk	Week 1 Pizza Dippers Munchable Chef Salad* w/Ham, Cheese, Egg & Bread (35.48) Bologna and Cheese Sandwich (27) Sun Butter & Jelly Sandwich (54.2)	
8 Popcorn Chicken Bowl w/ Dinner Roll Steamed Corn Baby Carrots Mandarin Oranges Non Fat Milk	9 Taco Tuesday!!! Beef Soft Taco w/ Fiesta Rice Refried Beans Baby Carrots Applesauce Non Fat Milk	10 Pepperoni Pinwheels Steamed Broccoli Cucumber Slices Diced Peaches Non Fat Milk	11 Homemade Macaroni & Cheese w/ Soft Pretzel Stewed Tomatoes Celery Sticks Diced Peaches Non Fat Milk	12 Fresh Baked Meatball & Mozzarella Hoagie Oven Baked French Fries Baby Carrots Cinnamon Sliced Apples Non Fat Milk	Week 2 Ham & Cheese Munchable Crispy Chicken Salad w/ Dinner Roll(34.16) Turkey & Cheese Wrap Sun Butter and Jelly Sandwich(54.2)	
15 2 Waffles w/ Sausage Sweet Potato Fries Romaine Lettuce Salad Whole Apple Non Fat Milk	16 Taco Tuesday!!! Beef Nachos w/ Cheese & Spanish Rice Steamed Corn Romaine Lettuce Salad Applesauce Non Fat Milk	17 Ham & Cheese Pretzel Melt Calico Beans Cucumber Slices Diced Peaches Non Fat Milk	18 Freshly Baked Italian Dunkers w/ Marinara Sliced Carrots Romaine Lettuce Salad Whole Apple Non Fat Milk	19 FIELD DAY!! Cheeseburger on a Bun Homemade Baked Beans Assorted Fresh Vegetables Fresh Fruit Non Fat Milk	Week 3 Nachos & Cheese Munchable Turkey and Cheese Salad* w/Dinner Roll(38) Ham and Cheese Sandwich(29) Sun Butter and Jelly Sandwich(54.2)	
22 Chef's Choice Steamed Vegetable Assorted Fresh Vegetable Assorted Fruit Non Fat Milk	23 Chef's Choice Steamed Vegetable Assorted Fresh Vegetable Assorted Fruit Non Fat Milk	24 Chef's Choice Steamed Vegetable Assorted Fresh Vegetable Assorted Fruit Non Fat Milk	25 Chef's Choice Steamed Vegetable Assorted Fresh Vegetable Assorted Fruit Non Fat Milk	26 Chef's Choice Steamed Vegetable Assorted Fresh Vegetable Assorted Fruit Non Fat Milk	Week 4 Chef's Choice Munchable Chef Salad w/Meat, Cheese* & Roll (45.79) Turkey & American Cheese Sandwich(30) Sun Butter and Jelly Sandwich(54.2)	
FIELD DAY COOK OUT!						
 Whole Grains Available Daily		During Field day, May 19th, your cafeteria will be moved outside for a picnic lunch. We will be serving grilled hamburgers, baked beans, an assortment of fresh fruit and vegetables plus a special treat.				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.
Monday Chicken Nuggets with Belly Bears	Tuesday Home Style Pepperoni Pizza	Wednesday Crispy Chicken Sandwich	Thursday Corn Dog Nuggets	Friday Home Style Cheese Pizza	Lunch Prices: Paid \$2.25 Reduced \$.40	