

# Keystone Elementary November 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

\*Fruits may include:  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Peaches  
Applesauce  
\*May choose one 1/2 cup serving

\*May choose two 1/2 cup servings

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
<p>Join us in the café for a special Thanksgiving feast on Thursday November 16th. We will be serving a delicious fresh carved turkey carved by two very SPECIAL guests.</p>					
6	7	8	9	10	
BBQ Pork Sandwich Steamed Broccoli Romaine Lettuce Salad Mandarin Oranges Non Fat Milk	Beef or Chicken Soft Taco w/Lettuce, Tomato, & Cheese Refried Beans Celery Sticks Diced Peaches Non Fat Milk	Fresh Baked Meatball & Mozzarella Hoagie Steamed Green Beans Broccoli Florets Diced Peaches Non Fat Milk	2 Pancakes w/Sausage Crispy Tater Tots Romaine Lettuce Salad Fresh Orange Non Fat Milk	Chicken Ranch Wrap or Buffalo Chicken Wrap Sweet Peas Baby Carrots Cinnamon Sliced Apples Non Fat Milk	Nachos & Cheese Munchable Crispy Chicken Salad w/Dinner Roll Italian Wrap Sun Butter & Jelly Sandwich
13	14	15	16 Thanksgiving Dinner!	17	
Orange Kissed Chicken Bowl Steamed Broccoli Romaine Lettuce Salad Mandarin Oranges Non Fat Milk	Walking Tacos w/Beef, Nacho Cheese Doritos & Bread Slice Refried Beans Celery Sticks Diced Peaches Non Fat Milk	Assorted Pasta Bar w/ 2 Garlic Wedges Steamed Green Beans Broccoli Florets Diced Peaches Non Fat Milk	Freshly Carved Turkey Dinner w/Stuffing & Roll Baked Sweet Potatoes & Apples Romaine Lettuce Salad Cranberry Sauce Non Fat Milk	Cheeseburger Wrap Crispy Tater Tots Baby Carrots Cinnamon Sliced Apples Non Fat Milk	Ham & Cheese Munchable Crispy Chicken Salad w/ Dinner Roll Turkey & Cheese Wrap Sun Butter & Jelly Sandwich
20	21	22	23	24	
Popcorn Chicken Bowl w/ Belly Bears Steamed Corn Romaine Lettuce Salad Mandarin Oranges Non Fat Milk	Taco Salad w/Chips and Fiesta Rice Refried Beans Celery Sticks Diced Peaches Non Fat Milk	Fresh Baked Italian Dunkers Steamed Green Beans Broccoli Florets Diced Peaches Non Fat Milk	NO  SCHOOL	NO  SCHOOL	Nachos & Cheese Munchable Turkey and Cheese Salad* w/Dinner Roll Ham and Cheese Sandwich Sun Butter & Jelly Sandwich
27	28	29	30		
NO  SCHOOL	NO  SCHOOL	Grilled Cheese & Tomato Soup Homemade Baked Beans Broccoli Florets Fresh Banana Non Fat Milk	Popcorn Chicken Bowl w/ Dinner Roll Steamed Corn Celery Sticks Diced Peaches Non Fat Milk	 Whole Grains Available Daily  Lunch Prices: Paid \$2.25 Reduced \$.30	Pizza Dippers Munchable Crispy Chicken Salad w/ Dinner Roll Italian Wrap Sun Butter & 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