

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
*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 |
|--|---|---|--|---|--|
| <p>Whole Grains Available Daily </p> <p>Lunch Prices: Paid \$2.25 Reduced \$.30</p> | | | 1 | 2 | Week 1 |
| <p>5</p> <p>French Toast Sticks w/ Sausage Smiley Fries Romaine Lettuce Salad Mixed Fruit Non Fat Milk</p> | <p>6</p> <p>Beef or Chicken Soft Taco w/ Lettuce, Tomato, Cheese Sliced Carrots Celery Sticks Diced Peaches Non Fat Milk</p> | <p>7</p> <p>Fresh Baked Italian Dunkers Steamed Green Beans* Baby Carrots* Diced Pears* Non Fat Milk</p> <p></p> | <p>8</p> <p>Ham & Cheese Pretzel Melts Oven Baked French Fries* Romaine Lettuce Salad* Applesauce* Non Fat Milk</p> | <p>9</p> <p>Bacon Cheeseburger Homemade Baked Beans Broccoli Florets Mandarin Oranges Non Fat Milk</p> | Week 2 |
| <p>12</p> <p>Chicken Gravy over Biscuit Mashed Potatoes w/Gravy Romaine Lettuce Salad Mixed Fruit Non Fat Milk</p> | <p>13</p> <p>Walking Tacos w/Beef, Nacho Cheese Doritos & Rice Refried Beans Celery Sticks Diced Peaches Non Fat Milk</p> | <p>14</p> <p>Assorted Pasta Bar w/ 2 Garlic Wedges Steamed Green Beans Baby Carrots Diced Pears Non Fat Milk</p> | <p>15 Harvest Feast</p> <p>Spiced Rubbed Turkey w/ Homestyle Cider Gravy Homemade Mashed Potato Creamy Cabbage Slaw w/ Bacon Apple Crisp Non Fat Milk</p> | <p>16</p> <p>Popcorn Chicken Bowl w/ Belly Bears Steamed Corn Celery Sticks Pineapple Tidbits Non Fat Milk</p> | Week 3 |
| <p>19</p> <p>Baked Meatball & Mozzarella Hoagie Tater Tots Romaine Lettuce Salad Mixed Fruit Non Fat Milk</p> | <p>20</p> <p>Homemade Macaroni & Cheese w/ Soft Pretzel Stewed Tomatoes Celery Sticks Diced Peaches Non Fat Milk</p> | <p>21</p> <p>Cheeseburger on a Bun Homemade Baked Beans Baby Carrots Diced Pears Non Fat Milk</p> | <p>22</p> <p>Happy Thanksgiving </p> | <p>23</p> <p>No School</p> | Week 4 |
| <p>26</p> <p>No School</p> | <p>27</p> <p>No School</p> | <p>28</p> <p>Pepperoni Pinwheels Steamed Broccoli Baby Carrots Diced Pears Non Fat Milk</p> | <p>29</p> <p>Pasta w/Meatballs & Garlic Breadstick Steamed Green Beans Broccoli Florets Applesauce Non Fat Milk</p> | <p>30</p> <p></p> <p>Ground Beef & Spanish Rice w/ Cheddar Cheese Sweet Corn Romaine Lettuce Salad Mandarin Oranges Non Fat Milk</p> | Week 5 |
| <p>Monday Chicken Nuggets with Belly Bears</p> | <p>Tuesday Home Style Pepperoni Pizza</p> | <p>Wednesday Crispy Chicken Sandwich</p> | <p>Thursday Corn Dog Nuggets</p> | <p>Friday Home Style Pepperoni Pizza</p> | <p>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</p> |