

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
<p>Heart Healthy Month</p> <p>We will be celebrating our heart and being healthy in the cafeteria the week of February 12th. During that week, you will be offered many heart healthy options which are labeled on the menu. On Wednesday, be sure to come up to the "Wellness" table to try a new healthy recipe. Join us for lunch each day this week for your chance to win prizes and eat a heart healthy meal.</p>					
5	6	7	8	9	Chicken Nugget Munchable Chef Salad w/Meat, Cheese* & Roll Turkey & American Cheese Sandwich Sun Butter & Jelly Sandwich
Waffle w/ Sausage Crispy Tater Tots Romaine Lettuce Salad Mixed Fruit Non Fat Milk	Homemade Macaroni & Cheese w/Cake Pop Steamed Green Beans Celery Sticks Blueberries Non Fat Milk	Grilled Cheese or Buffalo Chicken Grilled Cheese Homemade Baked Beans Broccoli Florets Diced Pears Non Fat Milk	Popcorn Chicken Bowl w/ Dinner Roll Steamed Corn Celery Sticks Diced Peaches Non Fat Milk	Hot Italian Hoagie Oven Baked French Fries Baby Carrots Applesauce Non Fat Milk	Pizza Dippers Munchable Crispy Chicken Salad w/ Dinner Roll Italian Wrap Sun Butter & Jelly Sandwich
12	13	14	15	16	Nachos & Cheese Munchable Chef Salad* w/Ham, Cheese, Egg & Bread Bologna and Cheese Sandwich Sun Butter & Jelly Sandwich
Orange Kissed Chicken w/ WG Rice Steamed Broccoli Kale Caesar Salad Fresh Apple Non Fat Milk	Turkey Taco w/ Lettuce, Tomato, Cheese Oven Roasted Carrots Chickpea Salad Blueberries Non Fat Milk	Fish Sticks w/ Heart Shaped Pretzel Steamed Broccoli Spinach Strawberry Salad Fresh Orange Non Fat Milk	WG Pasta w/Meatballs & WG Dinner Roll Seasoned Peas Black & White Bean Salad Strawberries Non Fat Milk	Grilled Chicken Salad w/Graham Cookies Sweet Potato Fries Broccoli Florets Fresh Orange Non Fat Milk	
19	20	21	22	23	Ham & Cheese Munchable Crispy Chicken Salad w/Dinner Roll Turkey & Cheese Wrap Sun Butter and Jelly Sandwich
NO SCHOOL	Walking Tacos w/Beef, Nacho Cheese Doritos & Rice Refried Beans Celery Sticks Blueberries Non Fat Milk	Chicken Gravy over Biscuit Steamed Green Beans Broccoli Florets Diced Pears Non Fat Milk	French Toast Sticks w/ Sausage Sweet Potato Fries Romaine Lettuce Salad Diced Peaches Non Fat Milk	Pulled Pork Sandwich Sliced Carrots* Baby Carrots Applesauce Non Fat Milk	
26	27	28		<p>Whole Grains Available Daily</p>	Pizza Dippers Munchable Turkey and Cheese Salad* w/Dinner Roll Ham and Cheese Sandwich Sun Butter and Jelly Sandwich
Popcorn Chicken Bowl w/ Belly Bears Steamed Corn Romaine Lettuce Salad Mixed Fruit Non Fat Milk	Fresh Baked Italian Dunkers Steamed Green Beans* Celery Sticks Sliced Strawberries Non Fat Milk	Assorted Pasta Bar w/ 2 Garlic Wedges Steamed Green Beans Broccoli Florets Diced Pears Non Fat Milk		Lunch Prices: Paid \$2.25 Reduced \$.30	
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