

Keystone Elementary August/September 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 Pears
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>Whole Grains Available Daily</p> <p>Lunch Prices: Paid \$2.25 Reduced \$.30</p>		29 Fresh Baked Italian Dunkers w/Marinara Steamed Green Beans* Baby Carrots* Diced Pears* Non Fat Milk	30 Ham & Cheese Pretzel Melts Oven Baked French Fries* Romaine Lettuce Salad* Applesauce* Non Fat Milk	31 Bacon Cheeseburger Homemade Baked Beans Celery Sticks Mandarin Oranges Non Fat Milk	Week 1 Nachos & Cheese Munchable Chef Salad* w/Ham, Cheese, Egg & Bread Bologna and Cheese Sandwich Sun Butter & Jelly Sandwich
3 NO SCHOOL	4 Walking Tacos w/Beef, Nacho Cheese Doritos & Bread Slice Refried Beans Celery Sticks Diced Peaches Non Fat Milk	5 Assorted Pasta Bar w/ 2 Garlic Wedges Steamed Green Beans Baby Carrots Diced Pears Non Fat Milk	6 Crispy Chicken Salad w/ Cinnamon Roll Oven Baked French Fries Broccoli Florets Applesauce Non Fat Milk	7 Popcorn Chicken Bowl w/ Belly Bears Steamed Corn Celery Sticks Pineapple Tidbits Non Fat Milk	Week 2 Ham & Cheese Munchable Crispy Chicken Salad w/Dinner Roll Turkey & Cheese Wrap Sun Butter and Jelly Sandwich
10 2 Fluffy Pancakes w/ 2 Juicy Sausage Patties Crispy Tater Tots Romaine Lettuce Salad Mixed Fruit Non Fat Milk	11 Homemade Macaroni & Cheese w/ Soft Pretzel Stewed Tomatoes Celery Sticks Fresh Peach Non Fat Milk	12 Fresh Baked Meatball Hoagie Steamed Green Beans Baby Carrots Diced Pears Non Fat Milk	13 Orange Kissed Chicken Bowl w/ Belly Bears Steamed Broccoli Celery Sticks Applesauce Non Fat Milk	14 Cheeseburger on a Bun Calico Beans Romaine Lettuce Salad Mandarin Oranges Non Fat Milk	Week 3 Nachos & Cheese Munchable Turkey and Cheese Salad* w/Dinner Roll Ham and Cheese Sandwich Sun Butter and Jelly Sandwich
17 Crispy Grilled Cheese & Tomato Soup Sweet Peas Romaine Lettuce Salad Mixed Fruit Non Fat Milk	18 Beef Soft Taco w/ Fiesta Rice Refried Beans Celery Sticks Diced Peaches Non Fat Milk	19 Baked Pepperoni Pinwheels Steamed Broccoli Baby Carrots Ba-Ba-Ba Banana Smoothie Non Fat Milk	20 Pasta w/ Meatballs & Garlic Breadstick Steamed Green Beans Broccoli Florets Applesauce Non Fat Milk	21 Popcorn Chicken Po'boy Sandwich Oven Baked French Fries Romaine Lettuce Salad Pineapple Tidbits Non Fat Milk	Week 4 Chicken Nugget Munchable Chef Salad w/Meat, Cheese* & Roll Turkey & American Cheese Sandwich Sun Butter and Jelly Sandwich
24 Belgium Waffle w/ 2 Juicy Sausage Patties Crispy Tater Tots Romaine Lettuce Salad Mixed Fruit Non Fat Milk	25 Beef Nachos w/ Cheese & Spanish Rice Cheesy Refried Beans Tomato Cucumber Salad Diced Peaches Non Fat Milk	26 Chicken & Tomato Bake w/Slice of Bread Steamed Broccoli Florets Baby Carrots Diced Pears Non Fat Milk	27 Oven Baked Ham w/ Noodles & Dinner Roll Mashed Potatoes Broccoli Florets Cinnamon Sliced Apples Non Fat Milk	28 Popcorn Chicken Bowl w/ Dinner Roll Steamed Corn Romaine Lettuce Salad Mandarin Oranges Non Fat Milk	Week 5 Pizza Dippers Munchable Crispy Chicken Salad w/Dinner Roll Italian Wrap Sun Butter & Jelly Sandwich
Monday Chicken Nuggets with Belly Bears	Tuesday Home Style Pepperoni Pizza	Wednesday Crispy Chicken Sandwich	Thursday Corn Dog Nuggets(31)	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