

Keystone Elementary October 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
2	BBQ Pork Sandwich Steamed Broccoli Romaine Lettuce Salad Mandarin Oranges Non Fat Milk	3 Beef or Chicken Soft Taco w/Lettuce, Tomato, & Cheese Refried Beans Celery Sticks Diced Peaches	4 Fresh Baked Meatball & Mozzarella Hoagie Steamed Green Beans Broccoli Florets Diced Pears Non Fat Milk	5 2 Pancakes w/Sausage Crispy Tater Tots Romaine Lettuce Salad Fresh Orange Non Fat Milk	6 NO SCHOOL	Week 1 Nachos & Cheese Munchable Chef Salad* w/Ham, Cheese, Egg & Bread Bologna and Cheese Sandwich Sun Butter & Jelly Sandwich
9	Orange Kissed Chicken Bowl Steamed Broccoli Romaine Lettuce Salad Mandarin Oranges Non Fat Milk	10 Walking Tacos w/Beef, Nacho Cheese Doritos & Bread Slice Refried Beans Celery Sticks Diced Peaches	11 Assorted Pasta Bar w/ 2 Garlic Wedges Steamed Green Beans Broccoli Florets Diced Pears Non Fat Milk	12 French Toast Sticks w/ Sausage Sweet Potato Fries Romaine Lettuce Salad Banana Split Sundae Cup Non Fat Milk	13	Week 2 Ham & Cheese Munchable Crispy Chicken Salad w/Dinner Roll Turkey & Cheese Wrap Sun Butter and Jelly Sandwich
16	Popcorn Chicken Bowl w/ Belly Bears Steamed Corn Romaine Lettuce Salad Mandarin Oranges Non Fat Milk	17 Taco Salad w/Chips and Fiesta Rice Refried Beans Celery Sticks Diced Peaches Non Fat Milk	18 Fresh Baked Italian Dunkers Steamed Green Beans Broccoli Florets Diced Pears Non Fat Milk	19 Hot Turkey Sandwich Mashed Potatoes Romaine Lettuce Salad Cranberry Sauce Non Fat Milk	20	Week 3 Bologna & Cheese Munchable Turkey and Cheese Salad* w/Dinner Roll Ham and Cheese Sandwich Sun Butter and Jelly Sandwich
23	Sloppy Joe on a Bun Sliced Carrots Celery Sticks Mandarin Oranges Non Fat Milk	24 Beef Nachos w/ Cheese & Spanish Rice Calico Beans Romaine Lettuce Salad Applesauce Non Fat Milk	25 Pepperoni Pinwheels Steamed Broccoli Cucumber Slices Diced Pears Non Fat Milk	26 Homemade Macaroni & Cheese w/ Soft Pretzel Stewed Tomatoes Celery Sticks Diced Peaches Non Fat Milk	27	Week 4 Chicken Nugget Munchable Chef Salad w/ Meat, Cheese* & Roll Turkey & American Cheese Sandwich Sun Butter and Jelly Sandwich
30	2 Waffles w/ Sausage Crispy Tater Tots Romaine Lettuce Salad Whole Apple Non Fat Milk	31 Pasta w/ Eyeballs & Bread Stick Goblin's Green Beans Scary Greens Freaky Fruit Non Fat Witches Brew			 Whole Grains Available Daily Lunch Prices: Paid \$2.25 Reduced \$.30	Week 5 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