

KEYSTONE HIGH SCHOOL

Lunch Menu

August / September 2010

MON	TUE	WED	THUR	FRI
August 30	31	September 1	2	3
Hamburger/cheeseburger French Fries Green Beans Fresh Fruit or Fruit Cup	Chicken Tenders w/biscuit Mashed Potatoes w/gravy Mixed Vegetable Fresh Fruit or Fruit Cup	Meatball Sub or Steak & Cheese Sub w/peppers/onions Lettuce Salad w/dressing Fresh Fruit or Fruit Cup	Chicken Patty Sandwich Spudsters Peas Fresh Fruit or Fruit Cup	Quesadilla or Stuffed Crust Pizza Cole Slaw Fresh Fruit or Fruit Cup
13	14	15	16	17
Labor Day No School	Sloppy Joe w/bun Assorted Baked Chips Steamed Carrots Fresh Fruit or Fruit Cup	Chicken Casserole W / dinner roll Lettuce Salad w/dressing Fresh Fruit or Fruit Cup	Chicken or Beef Taco Lettuce/tomato Soft Pretzel Fresh Fruit or Fruit Cup	Stuffed Crust Pizza Or Quesadilla Green Beans Fresh Fruit or Fruit Cup
14	15	16	17	18
Hot Dog w/bun Baked Beans French Fries Fresh Fruit or Fruit Cup	Italian Dunkers W/cup of Tomato soup Lettuce Salad w/dressing Fresh Fruit or Fruit Cup	Chicken Nuggets Vegetable LoMein Broccoli Fresh Fruit or Fruit Choice	Pizza Burger w/bun Assorted Baked Chips Mixed Vegetables Fresh Fruit or Fruit Cup	Assorted Pizza Assorted Vegetables Fresh Fruit or Fruit Cup
20	21	22	23	24
Rib-a-Q Sandwich Scalloped Potatoes Peas Fresh Fruit or Fruit Cup	Scrambled Eggs w/French Toast Potato Cubes Ham Slice Fruit Juice Choice	Fish Sandwich French Fries Cole Slaw Fresh Fruit or Fruit Cup	Pasta w/assorted sauces Or Vegetable Lasagna Lettuce Salad w/dressing Garlic Stick Fresh Fruit or Fruit Cup	Quesadilla or Stuffed Crust Pizza Green Beans Fresh Fruit or Fruit Cup
27	28	29	30	October 1
Hot Ham or Turkey Hoagie W/lettuce/tomato/onion Assorted Baked Chips Assorted Vegetable Fresh Fruit or Fruit Choice	Chicken Patty Sandwich French Fries Candied Carrots Fresh Fruit or Fruit Cup	Corn Dog & Ravioli Green Beans Fresh Fruit or Fruit Cup Frozen Fruit Slushy	Chicken Wrap W/lettuce/tomato/cheese Baked Potato Broccoli Fresh Fruit or Fruit Cup	NO SCHOOL

**MENU SUBJECT TO CHANGE WITHOUT NOTICE *1/2 PT MILK included with meal.

The Choice of Chef Salad, Ham/Cheese Sandwich, Cheese Sandwich, or PB&J sandwich is available as an entrée daily