Keystone High School April Lunch Menu

Director of Food & Nutrition: Melissa Brock | 814-797-1251 ext. 1127 | Nutrition@KeyKnox.Com

The Grille

Cheeseburger (28) Crispy Chicken Sandwich (42) Grilled Chicken Sandwich (26) Hot & Spicy Chicken (42)



Crispy Chicken Salad w/ Dinner Roll (39) Grilled Chicken Salad w/Dinner Roll (47) Chef Salad w/Dinner Roll (46)



Pepperoni Pizza (48) Mozzarella Cheese Pizza (48) Buffalo Chicken Pizza (44) Steak & Cheese Pizza (47) White Pizza (50) **BBQ Chicken Pizza** Pepperoni Pinwheels (48)



A wide variety of sandwiches, wraps, specialty salads, Fruit & Yogurt Parfaits and Bistro Boxes are available daily!

** Early Dismissal**

Bagged Apples (13)

Bagged Carrots (12)

Meatball Hoagie (43)

Fresh Strawberries (33)

Grilled 3 Cheese Panini

Steamed Green Beans (5)

Strawberries & Cream (40)

Ranch Roasted Chick

Steamed Peas (12)

Sliced Apples (13)

Non Fat Milk

100% Fruit Juice

burger (26)

Non Fat Milk

15

22

(37)

Peas (16)

Non Fat Milk

Cheeseburger or Ham-

NO SCHOOL

Pretzel Melt (35) Steamed Broccoli (3) Diced Peaches (17) Cauliflower (29) Non Fat Milk

Breaded Chicken Ba-

con Ranch Panini (41)

Steamed Green Beans

Cucumber Slices (3)

Petite Banana (29)

BBQ Rib Sandwich

Seasoned Corn (21)

Mixed Pepper Slices (3)

Mandarin Oranges (19)

* National Picnic

Day* Cheeseburger (26)/

Crispy French Fries

Baked Beans (25)

Non Fat Milk

Hot Dog (26)

Non Fat Milk

No Taco bar

Non Fat Milk

(5)

16

(53)

23

(17)

Cookies

Hot Ham & Cheese Italian Dunkers(39) Steamed Peas(3) Mixed pepper Slices (3) Fresh Apple (22) Non Fat Milk

Salisbury Steak w/

Steamed Broccoli (3)

Sliced Apples (13)

Petite Banana (29)

Fluffy Pancakes w/2

Sausage Patties (33)

Tater Tots (14)

Non Fat Milk

Baby Carrots (12)

Whole Apple (22)

BBQ Pork Mac &

Baby Carrots (12)

Apple Juice (14)

Non Fat Milk

Cheese w/Garlic Toast

Steamed Broccoli (8)

Non Fat Milk

Buttered Noodles (44)

10

17

24

(60)

Popcorn Chicken Bowl (38)Mashed Potatoes (14) Seasoned Corn (21) Apple Sauce Cups (13) Non Fat Milk

Sweet Spicy BBQ Chick-

Cherry Star Vegetable

Popcorn Chicken Bowl

Mashed Potatoes (14)

Seasoned Corn (21)

Teriyaki Pot Stickers

Diced Peaches (17)

Whole Orange (21)

Mixed Steamed Vege-

Cauliflower (29)

Non Fat Milk

tables (46)

Non Fat Milk

en bowl (87)

Applesauce (12)

Juice (13)

Non Fat Milk

w/Bread (38)

11

18

25

Nutrition

(50)Blueberries (10) Apple Sauce Cup (13) Non Fat Milk

Cheeseburger Pinwheel Black Beans & Corn (19)

* National Grilled Cheese Day* Grilled Cheese w/ Tomato Soup (57)

Green Beans (3) Cauliflower (29)

12

Diced Pears (14)

Non Fat Milk

Lasagna Roll Ups w/ Garlic Toast (57) Steamed Broccoli (3) Cherry Star Vegetable Juice (13)

Non Fat Milk

26

* National Soft Pretzel Day* Soft Pretzel w/Cheese (23)

Steamed Broccoli (3) Baby Carrots (12)

Non Fat Milk

The Deli

Italian Hoagie (43)

Ham & American Cheese Hoagie (44) Turkey & American Cheese Hoagie (41) Italian Wrap (41)

Ham & Cheese Wrap (43)

Turkey & Cheese Wrap (39)

Peanut Butter & Jelly (56)



*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar includes:

Broccoli Florets **Baby Carrots** Dark Leafy Greens Legume Salads Celery & Cucumber *Fruits include:

Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits **Diced Pears Applesauce**

Milk Choices Offered Daily: 1% white (12) 1% Chocolate (23) Strawberry

Proud to manage your food service program Nutrition

Lunch is Free for ALL Students

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

MENUS SUBJECT TO CHANGE

Chicken Chipotle Flatbread (36) Black Beans & Seasoned Corn (19)

Week 1 & 3 Breakfast

Baby Carrots (12) Non Fat Milk

30 Hot Dog (26) **Scalloped Potatoes** (26)**Mandarin Oranges** (14)Cucumber Slices (3) Non Fat Milk

Week 1 & 3 Nacho

Pasta Bar w/Garlic

Week 1 & 3 Popcorn

Week 1 & 3 Asian Bar V--I-2 0 4 DI-11