

Keystone Elementary January Lunch Menu

Food Service Director: Jennifer Perry
jperry@keyknox.com
814-797-1251 ext. 5



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
<p>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 <i>*Students must choose at least one fruit or vegetable</i></p>	1 NO SCHOOL Lunch Prices: Paid \$2.25 Reduced \$.30	2 NO SCHOOL	3 Bacon Cheeseburger Homemade Baked Beans Baby Carrots Diced Pears Non Fat Milk	4 Popcorn Chicken Bowl w/ Dinner Roll Steamed Corn Broccoli Florets Diced Peaches Non Fat Milk	5 Sloppy Joe on a Bun Smiley Fries Baby Carrots Applesauce Cup Non Fat Milk	Nachos & Cheese Munchable Crispy Chicken Salad w/ Dinner Roll Italian Wrap Sun Butter & Jelly Sandwich
	8 BBQ Pork Sandwich Steamed Broccoli Romaine Lettuce Salad Whole Apple Non Fat Milk	9 Taco Tuesday Beef or Chicken Soft Taco w/Lettuce, Tomato, & Cheese Refried Beans Celery Sticks Diced Peaches Non Fat Milk	10 Pepperoni Pinwheels Seasoned Carrots Broccoli Florets Diced Pears Non Fat Milk	11 2 Pancakes w/Sausage Crispy Tater Tots Romaine Lettuce Salad Caramel Drizzled Apple Slices Non Fat Milk	12 Chicken Ranch Wrap or Buffalo Chicken Wrap Sweet Peas Baby Carrots Applesauce Cup Non Fat Milk	Pizza Dippers Munchable Chef Salad* w/Ham, Cheese, Egg & Bread Bologna and Cheese Sandwich Sun Butter & Jelly Sandwich
<p>Fresh Fruits and Vegetables Offered Daily</p> <p>*Vegetables may include: Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery & Cucumber <i>*May choose two 1/2 cup servings</i></p> <p>*Fruits may include: Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce <i>*May choose one 1/2 cup serving</i></p> <p>MENUS SUBJECT TO CHANGE</p>	15 NO SCHOOL	16 Taco Tuesday Walking Tacos w/Beef, Nacho Cheese Doritos & Bread Slice Refried Beans Celery Sticks Diced Peaches Non Fat Milk	17 Grilled Cheese & Tomato Soup Steamed Green Beans Broccoli Florets Diced Pears Non Fat Milk	18 Homemade Meatloaf w/Dinner Roll Mashed Potatoes & Gravy Romaine Lettuce Salad Cranberry Sauce Non Fat Milk	19 Cheeseburger Wrap Crispy Tater Tots Baby Carrots Applesauce Cup Non Fat Milk	Ham & Cheese Munchable Crispy Chicken Salad w/ Dinner Roll Turkey & Cheese Wrap Sun Butter & Jelly Sandwich
	22 Red / Orange Homemade Macaroni & Cheese w/ Soft Pretzel Stewed Tomatoes* Baby Carrots* Mandarin Oranges* Non Fat Milk	23 Blue/ Indigo Assorted Pasta Bar w/ Garlic Wedges Steamed Green Beans* Coleslaw* Blueberries* Non Fat Milk	24 Green Fresh Baked Italian Dunkers Steamed Broccoli* Celery Sticks* Green Grapes* Non Fat Milk	25 Yellow Ham & Cheese Pretzel Melts Oven Baked French Fries* Ranch Roasted Chickpeas* Banana* Non Fat Milk	26 Violet French Toast w/ Sausage Sweet Potato Fries* Citrus Beets* Purple Grapes* Non Fat Milk	Week 3 Nachos & Cheese Munchable Turkey and Cheese Salad* w/ Dinner Roll Ham and Cheese Sandwich Sun Butter & Jelly Sandwich
<p>Milk Choices Offered Daily Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White</p> <p>Gluten Free</p> <p>Everyday the main entrée can be prepared Gluten Free with notice the morning of. Everyday there are gluten free salads offered.</p> <p>* Denotes Gluten Free Items</p>	29 Popcorn Chicken Bowl w/ Belly Bears Steamed Corn Celery Sticks Whole Apple Non Fat Milk	30 Taco Tuesday Beef Nachos w/ Cheese & Spanish Rice Calico Beans Romaine Lettuce Salad Diced Peaches Non Fat Milk	31 Hot Turkey Sandwich Mashed Potatoes Baby Carrots Cranberry Sauce Non Fat Milk	<p>"Taste The Rainbow"</p> <p>Join us in the Cafeteria, January 22-126, to taste a different color of the rainbow each day! Any student purchasing lunch wearing the color of the day will receive a prize!</p>		Week 4 Chicken Nugget Munchable Chef Salad w/Meat, Cheese* & Roll Turkey & American Cheese Sandwich 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

