

Keystone Elementary March 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 |
|--|--|---|---|---|--|
| Lunch Prices: Paid \$2.25 Reduced \$.30 | | | 1 Hot Turkey Sandwich w/Gravy Mashed Potatoes* Baby Carrots* Diced Pears* Non Fat Milk | 2 Breaded Fish Sandwich Homemade Baked Beans* Baby Carrots* Applesauce Cup* Non Fat Milk | Nachos & Cheese Munchable Crispy Chicken Salad w/ Dinner Roll Italian Wrap Sun Butter & Jelly Sandwich |
| 5 Ham & Cheese Pretzel Melts Steamed Broccoli*w/Cheese Romaine Lettuce Salad* Fresh Apple* Non Fat Milk | 6 Taco Tuesday Beef or Chicken Soft Taco w/Lettuce, Tomato, & Cheese Refried Beans* Celery Sticks* Strawberries* Non Fat Milk | 7 Fresh Baked Pepperoni Pinwheels Seasoned Carrots* Broccoli Florets* Diced Pears* Non Fat Milk | 8 2 Fluffy Pancakes w/ 2 Juicy Sausage Patties Crispy Tater Tots* Romaine Lettuce Salad* Diced Peaches* Non Fat Milk | 9 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 |
| 12 Roasted BBQ Pulled Pork Sandwich Steamed Broccoli* House Coleslaw* Fresh Apple* Non Fat Milk | 13 Taco Tuesday Walking Tacos w/Beef, Nacho Cheese Doritos & Bread Slice Refried Beans Celery Sticks Blueberries Non Fat Milk | 14 Grilled Cheese & Tomato Soup Seasoned Peas* Broccoli Florets* Diced Pears* Non Fat Milk | 15 Assorted Pasta Bar w/ Garlic Wedges Steamed Green Beans* Romaine Lettuce Salad* Diced Peaches* Non Fat Milk | 16 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 |
| 19 Homemade Macaroni & Cheese w/ Soft Pretzel Stewed Tomatoes* Baby Carrots* Fresh Apple* Non Fat Milk | 20 Taco Tuesday Beef Nachos* w/ Cheese * & Spanish Rice* Calico Beans* Romaine Lettuce Salad* Diced Peaches* Non Fat Milk | 21 Fresh Baked Italian Dunkers Steamed Broccoli* Celery Sticks* Diced Pears* Non Fat Milk | 22 Cinnamon French Toast Sticks w/ 2 Juicy Sausage Patties Sweet Potato Fries* Romaine Lettuce Salad* Cinnamon Sliced Apples* Non Fat Milk | 23 Fish Sticks w/Cinnamon Bites Oven Baked French Fries* Baby Carrots* Applesauce Cup* Non Fat Milk | Week 3 Nachos & Cheese Munchable Turkey and Cheese Salad* w/ Dinner Roll Ham and Cheese Sandwich Sun Butter & Jelly Sandwich |
| 26 Popcorn Chicken Bowl w/Belly Bears Steamed Corn* Celery Sticks* Mixed Fruit* Non Fat Milk | 27 Spaghetti w/ Meatballs & Garlic Breadstick Steamed Green Beans* Romaine Lettuce Salad* Diced Peaches* Non Fat Milk | 28 Bacon Cheeseburger Crispy Tater Tots* Fresh Vegetable* Applesauce Cup* Non Fat Milk | 29 NO SCHOOL | 30 NO SCHOOL | Week 4 Chicken Nugget Munchable Chef Salad w/Meat, Cheese* & Roll Turkey & American Cheese Sandwich Sun Butter & Jelly Sandwich |
| Monday Chicken Nuggets with Bread | Tuesday Home Style Pepperoni Pizza | Wednesday Crispy Chicken Sandwich | Thursday Corn Dog Nuggets | Friday Home Style Cheese 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 |