

Keystone High School August/September Lunch Menu



Food Service Director: Jennifer Perry, jperry@keyknox.com, 814-797-1251 ext. 1127

 <h2>The Grille</h2> <p>Cheeseburger on a Bun (28) Steak & Cheese Hoagie (40) Crispy Chicken Sandwich (39) Grilled Chicken Sandwich (26) Hot & Spicy Chicken (38)</p>		<p>27</p> <p>Fresh Baked Hot Italian Hoagie (37) Steamed Carrots Coins* Romaine Lettuce Salad* Diced Peaches* (14) Non Fat Milk</p>	<p>28</p> <p>Popcorn Chicken Po'Boy (49) Sweet Potato Fries (17) Baby Carrots* (10) Fresh Apple* (22) Non Fat Milk</p>	<p>29</p> <p>Orange Kissed Chicken Bowl (36) Steamed Broccoli* (4) Celery Sticks* (3) Mandarin Oranges* (17) Non Fat Milk</p>	<p>30</p> <p>Ham or Turkey & Cheese Pretzel Melt (31) Sweet Peas* (14) Broccoli Florets* (4) Pineapple Tidbits* (19) Non Fat Milk</p>
 <h2>The Garden</h2> <p>Garden Salad w/ Ham or Turkey, Cheese & Dinner Roll (46) Crispy Chicken Salad w/ Dinner Roll (39) Grilled Chicken Salad w/Dinner Roll (47)</p>	<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>Assorted Fresh Baked Italian Dunkers (39) Steamed Green Beans* (4) Romaine Lettuce Salad Diced Pears* (12) Non Fat Milk</p>	<p>4</p> <p>Savory BBQ Pork Sandwich (38) Calico Beans* (28) Coleslaw (11) Diced Peaches* (14) Non Fat Milk</p>	<p>5</p> <p>Chicken Gravy Over Biscuit (33) Steamed Broccoli* (4) Celery Sticks* (3) Mandarin Oranges* (17) Non Fat Milk</p>	<p>6</p> <p>Cheeseburger Wrap (37) Crispy Shoestring Fries* (20) Broccoli Florets* (4) Pineapple Tidbits* (19) Non Fat Milk</p>
 <h2>The Pizzeria</h2> <p>Pepperoni Pizza (48) Mozzarella Cheese Pizza (48) Buffalo Chicken Pizza (44) Steak & Cheese Pizza (47) Pepperoni Pinwheels (48)</p>	<p>9</p> <p>Swedish Meatballs Over Noodles & Cinnamon Roll (54) Sliced Carrots* (3) Broccoli Florets* (4) Fresh Peach* (14) Non Fat Milk</p>	<p>10</p> <p>Chicken Parm Pizza Pocket (32) Steamed Green Beans* Romaine Lettuce Salad* Diced Pears* (12) Non Fat Milk</p>	<p>11</p> <p>Toasted Grilled Cheese & Tomato Soup (43) Sweet Peas* (14) Baby Carrots* (10) Pineapple Tidbits* (19) Non Fat Milk</p>	<p>12</p> <p>Pork Carnita Quesadilla (33) Garlic Steamed Broccoli (4) Celery Sticks* (3) Mandarin Oranges* (17) Non Fat Milk</p>	<p>13</p> <p>MTO Bar Crispy Tater Tots* (17) Broccoli Florets* (4) Cinnamon Sliced Apples* (14) Non Fat Milk</p>
 <h2>Grab & Go</h2> <p>A wide variety of sandwiches, wraps, specialty salads, and NEW Bistro Boxes are available daily!</p>	<p>16</p>  <p>Hot Dog on a Bun (26) Homemade Beans* (27) Tomato Cucumber Salad* (3) Whole Apple* (22) Non Fat Milk</p>	<p>17</p> <p>Sweet & Spicy BBQ Chicken Bowl* (81) Steamed Corn* (15) Baby Carrots* (10) Diced Pears* (12) Non Fat Milk</p>	<p>18</p> <p>BBQ Pork Mac & Cheese Waffle Cone (55) Steamed Broccoli* (4) Romaine Lettuce Salad Cinnamon Sliced Apples Non Fat Milk</p>	<p>19</p>  <p>Guacamole Burger w/Ranch (30) Oven Baked French Fries* (20) Celery Sticks* (3) Mandarin Oranges* (17) Non Fat Milk</p>	<p>20</p> <p>Cheeseburger Mac Roll (40) Steamed Green Beans* Ranch Roasted Chickpeas* (26) Pineapple Tidbits* (19) Non Fat Milk</p>
 <h2>Tasty Bites</h2> <p>New Pretzel Dog</p>	<p>23</p>  <p>Lasagna Roll Up w/Garlic Bread Stick (46) Steamed Wax Bean* (3) Romaine Lettuce Salad Mandarin Orange* (17) Non Fat Milk</p>	<p>24</p>  <p>Beef Shepard's Pie w/ Biscuit (33) Steamed Broccoli* (4) Celery Sticks* (3) Diced Pears* (12) Non Fat Milk</p>	<p>25</p> <p>Hot Turkey Sandwich (31) Mashed Potatoes* (13) Baby Carrots* (10) Cran-Apple Sauce* (32) Non Fat Milk</p>	<p>26</p> <p>Popcorn Chicken Bowl w/Dinner Roll (60) Steamed Corn* (15) Broccoli Florets* (4) Cinnamon Sliced Apples* (14) Non Fat Milk</p>	<p>27</p> <p>Chicken Cheese Steak Wrap (36) Crispy Shoestring French Fries* (20) Broccoli Florets* (4) Pineapple Tidbits* (19) Non Fat Milk</p>
<p>Monday Bar Line Week 1 & 3 Breakfast Bar Week 2 & 4 Mac & Cheese Bar</p>	<p>Tuesday Bar Line Nacho/Walking Taco Bar</p>	<p>Wednesday Bar Line Assorted Pasta Bar</p>	<p>Thursday Bar Line Week 1 & 3 French Fry Bar Week 2 & 4 Assorted Pizza Bar</p>	<p>Friday Bar Line Week 1 & 3 Pierogi Bar Week 2 & 4 Asian Bar</p>	



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)



Accompaniments

*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

Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored



Proud to manage your food service program

Lunch Prices: Paid \$2.35 Reduced \$.40

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MENUS SUBJECT TO CHANGE