

Keystone High School February Lunch Menu



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

The Grille

- Cheeseburger on a Bun (28)
- Steak & Cheese Hoagie
- Crispy Chicken Sandwich (39)
- Grilled Chicken Sandwich (26)
- Hot & Spicy Chicken (38)
- Chicken Cordon Bleu
- Chicken Parmesan

The Garden

- Garden Salad with Cheese & Dinner Roll
- Garden Salad w/ Ham, Cheese & Dinner Roll(45.79)
- Crispy Chicken Salad w/ Dinner Roll (38.71)
- Grilled Chicken Salad w/Dinner Roll (47)

The Pizzeria

- Pepperoni Pizza (48)
- Mozzarella Cheese Pizza (48)
- Buffalo Chicken Pizza (44.47)
- Steak & Cheese Pizza (47.32)
- Pepperoni Pinwheels
- Panther's Personal Pan

Grab & Go

A wide variety of sandwiches, wraps, and specialty salads are available daily!

Options

				1	2
				Chicken & Broccoli Casserole w/ Bread Slice (22.37) Steamed Broccoli* (4) Celery Sticks* (3) Mixed Fruit* (14) Non Fat Milk	Cheeseburger Wrap (36.75) Oven Baked French Fries* (20) Broccoli Florets* (4) Applesauce Cups* (13) Non Fat Milk
5	6	7	8	9	
Swedish Meatballs Over Noodles & Cinnamon Roll (54.45) Sliced Carrots* (3) Broccoli Florets* (4) Diced Peaches Non Fat Milk	Chicken Parm Pizza Pocket (32) Steamed Green Beans* Romaine Lettuce Salad* Diced Pears* (12) Non Fat Milk	Soup, Salad, and Breadstick Sweet Peas* (14) Baby Carrots* (10) Strawberries* (33) Non Fat Milk	Popcorn Chicken Po'Boy Sandwich (46.53) Oven Baked French Fries* (20) Celery Sticks* (3) Mixed Fruit* (14) Non Fat Milk	Grilled Chicken Ranch Wrap (31) Homemade Baked Beans* (45) Broccoli Florets* (4) Applesauce Cups* (13) Non Fat Milk	
12	13	14	15	16	
Buffalo Chicken Grilled Cheese Steamed Green Beans* Romaine Lettuce Salad Broccoli Florets* (4) Diced Peaches Non Fat Milk	Oven Baked Ham w/ Herbed Noodles & Dinner Roll (64) Mashed Potatoes* (13) Romaine Lettuce Salad Diced Pears* (12) Non Fat Milk	Fish Sandwich (43.27) Oven Baked French Fries* (20) Baby Carrots* (10) Blueberries* (9) Non Fat Milk	Philly Cheese Steak (33.95) Calico Beans* (28) Celery Sticks* (3) Mixed Fruit* (14) Non Fat Milk	Tuna Noodle Casserole (51.74) Seasoned Peas* (14) Broccoli Florets* (4) Applesauce Cup* (13) Non Fat Milk	
19	20	21	22	23	
NO SCHOOL	Assorted Macaroni & Cheese w/Soft Pretzel Steamed Broccoli* (4) Romaine Lettuce Salad Diced Pears* (12) Non Fat Milk	Hot Turkey Sandwich (31) Mashed Potatoes* (13) Baby Carrots* (10) Strawberries*(33) Non Fat Milk	Chicken Gravy Over Biscuit (33) Seasoned Peas* (14) Celery Sticks* (3) Mixed Fruit* (14) Non Fat Milk	Pulled Pork Sandwich (37.44) Crispy Tater Tots* Romaine Lettuce Salad Broccoli Florets* (4) Applesauce Cups* (13) Non Fat Milk	
26	27	28			
Buffalo Chicken Alfredo w/ Dinner Roll (44.19) Steamed Green Beans*(6) Broccoli Florets* (4) Diced Peaches Non Fat Milk	Chicken Pot Pie Seasoned Peas* (14) Celery Sticks* (3) Diced Pears* (12) Non Fat Milk	Chicken Quesadilla* (36) Refried Beans* (25) Baby Carrots* (10) Blueberries* (9) Non Fat Milk			
Monday Bar Line Week One & Three Breakfast Week Two & Four Hot Dog Bar	Tuesday Bar Line Nachos/Walking Taco Bar	Wednesday Bar Line Assorted Pasta Bar	Thursday Bar Line Week One & Three French Fry Week Two & Four CYO Burger	Friday Bar Line Week One & Three MTO Week Two & Four Soup & Sandwich	

The Deli

- Bologna & Cheese Sandwich (27)
- Italian Hoagie (43)
- Ham & American Cheese Hoagie (44)
- Turkey & American Cheese Hoagie (41)
- 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