

Keystone High School December Lunch Menu



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

 <p>The Grille</p> <p>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</p>	3	4	5	6	7
	<p>Popcorn Chicken Bowl w/ Dinner Roll (60) Steamed Corn* (15) Broccoli Florets* (4) Mixed Fruit* (14) Non Fat Milk</p>	<p>Baked Meatball & Mozzarella Hoagie (49) Calico Beans* (28) Celery Sticks* (3) Diced Pears* (12) Non Fat Milk</p>	<p>Grilled Cheese & Tomato Soup (43) Sweet Peas* (14) Baby Carrots* (10) Cran-Apple Sauce* (32) Non Fat Milk</p>	<p>Cheesy Lasagna Roll Ups w/ Garlic Stick (46) Steamed Broccoli* (4) Romaine Lettuce Salad Mandarin Orange* (17) Non Fat Milk</p>	<p>Chicken Cheesesteak (39) Tater Tots* (17) Broccoli Florets* (4) Pineapple Tidbits* (19) Non Fat Milk</p>
 <p>The Garden</p> <p>Garden Salad with Cheese & Dinner Roll Garden Salad w/ Ham, Cheese & Dinner Roll(46) Crispy Chicken Salad w/ Dinner Roll (39) Grilled Chicken Salad w/Dinner Roll (47)</p>	10	11	12	13 Christmas Feast	14
	<p>BBQ Pork Flat Bread (36) Steamed Green Beans* (4) Broccoli Florets* (4) Mixed Fruit* (14) Non Fat Milk</p>	<p>Chicken Pot Pie w/Dinner Roll (90) Steamed Peas* (14) Celery Sticks* (3) Diced Pears* (12) Non Fat Milk</p>	<p>Chili Cheese Tots* w/Bread Slice (56) Steamed Broccoli* (4) Baby Carrots* (10) Diced Peaches* (14) Non Fat Milk</p>	<p>Freshly Carved Ham w/Herbed Noodles & Dinner Roll (37) Sweet Potato Casserole (43) Romaine Lettuce Salad* Apple Crisp* (60) Non Fat Milk</p>	<p>Sloppy Joe Sandwich (36) Oven Baked French Fries* (20) Baby Carrots* (10) Whole Apple* (22) Non Fat Milk</p>
 <p>The Pizzeria</p> <p>Pepperoni Pizza (48) Mozzarella Cheese Pizza (48) Buffalo Chicken Pizza (44) Steak & Cheese Pizza (47) Pepperoni Pinwheels (48)</p>	17	18	19	20	21
	<p>Assorted Fresh Baked Italian Dunkers (39) Steamed Green Beans* (4) Broccoli Florets* (4) Mixed Fruit* (14) Non Fat Milk</p>	<p>Turkey, Broccoli, & Cheese Pocket (28) Steamed Carrots* (7) Celery Sticks* (3) Diced Pears* (12) Non Fat Milk</p>	<p>Chicken Sticks w/Assorted Sauces & Cinnamon Roll (49) Steamed Broccoli* (4) Ranch Roasted Chickpeas* (26) Applesauce* (12) Non Fat Milk</p>	<p>Turkey Pot Roast w/Bread and Noodles (36) Mashed Potatoes* (13) Romaine Lettuce Salad* Mandarin Oranges* (17) Non Fat Milk</p>	<p>Sweet & Spicy BBQ Bowl (82) Steamed Sweet Corn* (15) Baby Carrots* (10) Whole Apple* (22) Non Fat Milk</p>
 <p>Grab & Go</p> <p>A wide variety of sandwiches, wraps, and specialty salads are available daily!</p>	24	25	26	27	28
	NO SCHOOL	<p>MERRY CHRISTMAS</p> 	NO SCHOOL	NO SCHOOL	NO SCHOOL
<p><i>Recipe of the Month</i> December 21st <i>Sweet & Spicy BBQ Chicken Bowl</i></p> <p><i>Tasty Bites</i> <i>Hot Chocolate Popcorn</i></p>	31				
	NO SCHOOL				
	Monday Bar Line Week 1 & 3 Breakfast Bar Week 2 & 4 Hot Dog Bar	Tuesday Bar Line Nacho/Walking Taco Bar	Wednesday Bar Line Assorted Pasta Bar	Thursday Bar Line Week 1 & 3 French Fry Bar Week 2 & 4 Assorted Pizza Bar	Friday Bar Line Week 1 & 3 MTO Week 2 & 4 Asian

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

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