

# Keystone Academy Charter School

## June 2017 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
<p>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</p>			1. Beef/Chicken Tacos Refried Beans Pineapple Tidbits Assorted Milk	2. <b>EARLY DISMISSAL</b> Hot Diggity Dogs on Bun Mango Wango Juice Whole Fresh Fruit Assorted Milk	<b>Week 1</b> Chicken Caesar Wrap Garden Salad w/ Egg & Roll
5. Macaroni & Cheese Stewed Tomatoes Petite Bananas Assorted Milk	6. Fish Sticks w/ Bread Oven Baked Fries Blueberry Buddies Assorted Milk	7. <b>Breakfast for Lunch!!</b> Chicken and Waffles Oven Baked Tots Cinnamon Apples Assorted Milk	8. <b>FIELD DAY!!!</b> Chicken Patty Sandwich Mango Veggie Juice Applesauce Cups Assorted Milk	9. Turkey Ham & Cheese Melt Garlic Green Beans Sliced Peaches Assorted Milk	<b>Week 2</b> Buffalo Chicken Wrap Chicken Caesar Salad w/ Roll
12. Nachos w/ Fixins Mild Salsa Cups Mandarin Oranges Assorted Milk	13. <b>EARLY DISMISSAL</b> Cheeseburgers on a Bun Cherry Star Juice Nectarines Assorted Milk	14. <b>EARLY DISMISSAL</b> Hot Diggity Dogs on Bun Mango Veggie Juice Whole Pears Assorted Milk			
Fresh Produce from Local Farms based on crop availability	Whole Grains Available Daily	Take Nutrition Global Day			