

Keystone Academy Charter School

October 2017 Lunch Menu

Food Service Director: Marie Wilson
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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 Peaches
 Applesauce
 *May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Low Fat Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Offerings
2. Hot Diggity Dog Baked Beans Sliced Peaches Assorted Milk	3. Mozzarella & Tomato Panini Glazed Carrot Coins Diced Peaches Assorted Milk	4. Popcorn Chicken Bowl with Bread Golden Corn Chilled Applesauce Assorted Milk	5. Taco Twist Soup with Dinner Roll Green Beans Tropical Fruit Salad Assorted Milk	6. Recipe of the Month Jamaican Chicken over Rice Steamed Broccoli Pineapple Tidbits Assorted Milk	Week 1 Turkey & Cheese Sandwich Garden Salad with Croutons & Bread
9. No School Columbus Day	10. Lunch 4 Life Doritos Walking Taco Steamed Corn Juicy Apple Slices Assorted Milk	11. Lunch 4 Life Crunchy Fish Sticks with Bread Honey Glazed Carrots Banana Split Sundae Assorted Milk	12. Lunch 4 Life Breaded Chicken Patty on a Bun Glazed Carrot Coins Mandarin Oranges Assorted Milk	13. Open Face Turkey Sandwich Mashed Potatoes Diced Peaches Assorted Milk	Week 2 Turkey & Cheese Wrap Taco Salad with Crispy Tortillas
16. Crispy Orange Kissed Chicken Bowl Steamed Broccoli Diced Peaches Assorted Milk	17. Macaroni & Cheese with Sliced Bread Stewed Tomatoes Sliced Peaches Assorted Milk	18. Breaded Chicken Parmesan with Pasta Mixed Vegetables Pineapple Tidbits Assorted Milk	19. Vegetable Lasagna Glazed Carrot Coins Chilled Applesauce Assorted Milk	20. Mighty Meatball Sub Sweet Peas Sliced Peaches Assorted Milk	Week 3 Tuna Salad Pita Grilled Chicken Salad with Croutons & Bread
23. Ruby's Red Pasta Steamed Green Beans Pineapple Tidbits Assorted Milk	24. Brunch 4 Lunch Waffles & Turkey Sausage Links Tater Tots Diced Peaches Assorted Milk	25. Pizza Dunkers Baby Carrots Mandarin Oranges Assorted Milk	26. MOLLY THE COW Philly Cheesesteak Sweet Peas Mixed Fruit Assorted Milk VISITS TOWN	27. Hot Turkey & Cheese Melt on a Pretzel Bun Golden Corn Juicy Apple Slices Assorted Milk	Week 4 Chicken Ranch Wrap Tossed Salad with Hummus
30. Crispy Fish Tacos Roasted Chickpeas Pineapple Tidbits Assorted Milk	31. Cheesesteak vs. Buffalo Chicken Stromboli Steamed Carrots Chilled Applesauce	 Monthly Snack Special: Banana Split Sundae Cup	 Wellness WEDNESDAY Featuring: Kale Caesar Salad	 Whole Grains Available Daily	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
Monday Grilled Cheese Sandwich	Tuesday Chicken Nuggets with Bread	Wednesday Cheeseburger on a Bun	Thursday Corn Dog Nuggets	Friday Cheese Pizza	