

Keystone Academy Charter School

December 2017 Lunch Menu

Food Service Director: Marie Wilson
 mwilson@thenutritiongroup.biz
 267-324-1105



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Offerings
				1. Half Day Bagged Lunches	Week 1 Chicken Ranch Wrap Chef Salad with Croutons
4. Chicken & Cheese Quesadilla with Salsa Refried Beans Diced Peaches Assorted Milk	5. Tasty Bite Special Salisbury Steak & Gravy Smores Sweet Potato Fries Apple Slices Assorted Milk	6. Wellness Wednesday Macaroni & Cheese Black & White Bean Salad Diced Pears Assorted Milk	7. Chicken & Broccoli Alfredo Green Beans Mixed Fruit Assorted Milk	8. Half Day Bagged Lunches	Week 2 Chicken Salad Pita Taco Salad with Crispy Tortillas
11. Hot Diggity Dog Baked Beans Sliced Peaches Assorted Milk	12. Pierogies with Bread Glazed Carrot Coins Diced Pears Assorted Milk	13. Recipe of the Month Turkey & Dressing Supreme Glazed Carrot Coins Chilled Applesauce Assorted Milk	14. Taco Twist Soup with Dinner Roll Green Beans Tropical Fruit Salad Assorted Milk	15. Teriyaki Chicken & Veggies over Rice Steamed Broccoli Pineapple Tidbits Assorted Milk	Week 3 Tuna Salad Sandwich Grilled Chicken Salad with Croutons
18. Pasta & Meatsauce with Bread Sweet Peas Mandarin Oranges Assorted Milk	19. Beef & Cheese Nachos Steamed Corn Juicy Apple Slices Assorted Milk	20. Crunchy Fish Sticks with Bread Honey Glazed Carrots Diced Pears Assorted Milk	21. Breaded Chicken Patty on a Bun Glazed Carrot Coins Mandarin Oranges Assorted Milk	22. Open Face Turkey Sandwich Mashed Potatoes Diced Peaches Assorted Milk	Week 4 Turkey & Cheese Hoagie Breaded Chicken Salad with Croutons
25. Holiday Break School Closed	26. Holiday Break School Closed	27. Holiday Break School Closed	28. Holiday Break School Closed	29. Holiday Break School Closed	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	Wednesday Cheeseburger on a Bun	Thursday Corn Dog Nuggets	Friday Cheese Pizza	