

THINK [TX]

CHOOSE TO EAT WELL

Keller ISD Elementary Menu

MAY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
 Hamburger/Cheeseburger (C)
TXR1000/TXR1030
 Breaded Chicken Sandwich
TXR1004
 Totchos w/pulled Pork served w/
 Roll **TXR3034/SR1010**
 Greek Salad w/Flatbread
SR1058/SR3003
 Zesty Italian Sub **TXR2802**

2
 Chicken Nuggets (5) w/Roll
SR1367/SR1010
 Grilled Cheese Sandwich
TXR1276
 Chicken Pot Pie **TXR1327**
 Chef Salad w/Breadstick
SR1083/SR1044
 Veggie Wrap **TXR1367**

3
 Cheese (V) **TXR1924/** Pepperoni
 Pizza **TXR1093**
 Fish Nuggets w/Roll
SR1045/SR1010
Manager's Special (Hot Entree*)
 Buffalo Chicken Wrap **SR2527**
 Garden Salad w/Breadstick (2
 each) **SR3695/SR1044**

6
 Bean Burrito **TXR1026**
 Chicken Nuggets (5) w/Roll
SR1367/SR1010
 Cheese Quesadilla **TXR2941**
 Chicken Caesar Salad w/Breadstick
 (2 each) **SR2523/SR1044**
 Sunbutter and Jelly Sandwich
 w/Yogurt **TXR3122**

7
 Baked Penne Pasta w/ Breadstick
SR2128/SR1044
 Turkey Hot Dog **TXR1011**
 Chicken or Beef Soft Tacos
TXR1712/TXR1335
 Power Greens Salad w/Breadstick
 (2 each) **SR1226/SR1044**
 Ham and Cheese Flatbread
 Sandwich **TXR1684**

8
 BBQ Pulled Pork Sandwich
TXR2161
 Hamburger/Cheeseburger (C)
TXR1000/TXR1030
 Chicken Quesadilla **TXR1016**
 Cheese Stick , Yogurt w/Graham
 cracker Plate **TXR2973**
 Turkey and Cheese Sub **TXR2734**

9
 Chicken Nuggets (5) w/Breadstick
SR1367/SR2142
 Fish Nuggets w/Roll
SR1045/SR1010
 Grilled Cheese Sandwich (V)
TXR1276
 Pizza Bento Box **SR2095**
 Garden Greens Salad w/ Breadstick
 (2 each) **SR3695/SR1044**

10
 Cheese (V) **TXR1924/** Pepperoni
 Pizza **TXR1093**
 BBQ Chicken Flatbread Pizza
SR1569
 Veggie Burger (V) **TXR3242**
 Chef Salad w/Flatbread
SR1083/SR3003
**Manager's Special (Cold
 Entree*)**

Manager's Special: Entree chosen by your cafeteria manager on Fridays. Check Nutrislice for your campus' special.

13
 Chicken Nuggets (5) w/Breadstick
SR1367/SR1044
 Cheese Quesadilla **SR1054**
 Grilled Cheese Sandwich (V)
TXR1276
 Power Green Salad w/Breadstick
SR1226/SR1044
 Turkey and Cheese Sub **TXR2734**

14
 Chicken Spaghetti w/Garlic
 Knot **TXR1009/SR1255**
 Grilled Chicken Sandwich
TXR3298
 Turkey Hot Dog **TXR1011**
 Hummus Wrap **SR2809**
 Fiesta Salad w/Tortilla Chips
SR1111/SR1065

15
 Chicken Quesadilla **TXR1016**
 Beefy Macaroni w/Breadstick
TXR1462/SR1044
 Mini Chicken Corn Dogs **SR1023**
 Just Peachy Parfait w/Graham
 Crackers/ and Cheese Stick
SR1503/SR3035/TXR1014
 Chicken Caesar Salad w/Roll
SR2523/SR1010

16
 Hamburger/Cheeseburger (C)
TXR1000/TXR1030
 Macaroni and Cheese w/Breadstick
SR1044/TXR1398
 Popcorn Chicken Bowl w/Breadstick
SR1477/TXR1398
 Sunbutter and Jelly Sandwich
TXR1725
 Buffalo Chicken Salad w/Breadstick
SR3387/TXR1398

17
 Cheese (V) **TXR1924/** Pepperoni
 Pizza **TXR1093**
 Fish Nuggets w/Breadstick
SR1045/SR1044
Manager's Special (Hot Entree*)
 Chicken Salad Flatbread Sandwich
TXR1683
 Chef Salad w/Breadstick
SR1083/SR1044

20
 Chicken Nuggets w/Breadstick
SR1367/SR1044
 Rainbow Chili and Cheese Bake
 Potato w/Roll **SR1332/SR1010**
 Grilled Cheese Sandwich (V)
TXR1276
 Strawberry Parfait w/Graham
 Crackers/ and Cheese Stick
SR1386/SR3035/TXR1014
 Italian Wrap **SR1101**

21
 Meatball (5 each) Sub **TXR3299**
 Baked Penne Pasta w/Breadstick
TXR2119/SR1044
 Mini Chicken Corn Dogs **SR1023**
 Turkey and Cheese Sub
TXR2734
 Greek Salad w/Breadstick
SR1058/SR1044

22
 Hamburger/Cheeseburger (C)
TXR1000/TXR1030
 Chicken Quesadilla **TXR1016**
 Totchos w/pulled Pork served w/
 Roll **TXR3034/SR1010**
 Power Green Salad w/Breadstick
SR3695/SR1044
 Hummus Wrap **SR2809**

23
 Frito Chili Pie **TXR1025**
 Cheesy Bean Nachos (V)
SR1471
 Grilled Cheese Sandwich (V)
TXR1276
 Chef Salad w/Flatbread
SR1083/SR3003
 Chicken Caesar Wrap
TXR1264



MENU IDENTIFIERS:
 (F) FRESH made from scratch (C) CLEAN seven or fewer ingredients (L) LOCAL purchased from a Texas vendor (V) Vegetarian (GF) Gluten-Free



MEAL REQUIREMENTS
 Must select at least 3 of
 the 5 offered components:
 Meat/Meat Alternative;
 Grain; Veggie; Fruit; Milk
**ONE SELECTION MUST BE A
 1/2 CUP OF FRUIT OR VEGGIE!**



This institution is an equal opportunity provider.

Nutrition and Dental Health

Can an apple a day really keep the doctor away? Does sugar really cause cavities? These questions are frequently asked about teeth, so let's clarify some of the tales, truths and potential misunderstandings about dental health and nutrition. First, if your nutritional intake is poor, often your teeth will be the first to show signs that your body is lacking key nutrients. According to MyPlate, a website from the Center for Nutrition Policy and Promotion, an agency of U.S. Department of Agriculture, a balanced and healthy diet should include:

- **Fruits and vegetables:** Combined, these should cover half your plate at meals.
- **Grains:** At least half of the grains you eat should be whole grains, such as oatmeal, whole wheat bread and brown rice.
- **Dairy:** Choose low-fat or fat-free dairy foods most often.

- **Protein:** Make lean protein choices, such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.


As part of a healthy diet, it's important to note that the foods you eat and the beverages you drink can have a direct influence on the incidence and progression of tooth decay. Not only will "sugar" potentially harm teeth, but almost any type of carbohydrate can be troublesome. Bacteria in our mouth uses carbohydrates for food, so when you cut back on sugar in your diet, you automatically reduce your cavity risk. It is also very important to brush your teeth after eating any kind of food. At a minimum, you should brush your teeth morning and night and be sure to see a dentist every six months.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

www.liftoffsplayground.com

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancake on a Stick SR2494 Or Bagel w/Cream Cheese (V) TXR2410	Breakfast Pizza TXR2758 or Toast w/Margarine (V) TXR1293	Mini French Toast Bites (V) SR1910 or Dutch Waffle (V) TXR1475	Chicken and Waffles (1 each) (V) TXR3070 or Cinnamon Roll SR1383	Biscuit w/Gravy & Sausage TXR2295 or Cinnamon Roll Smoothie ,Blenderless w/ Crackers SR1396/SR3022
Pancake on a Stick SR2494 Or Bagel w/Cream Cheese (V) TXR2410	Breakfast Plate TXR2379 or Banana Muffin TXR2652	English Muffin Melt TXR1473 or Banana Muffin. TXR2652	Breakfast Burrito (V) TXR2839 or Cinnamon Roll SR1383	Egg & Cheese on Biscuit TXR1602 or Berry Banana Smoothie w/ Crackers TXR1469/SR3022
Breakfast Bowl TXR1205 or Blueberry Bread TXR1228	Sausage Biscuit Breakfast Sandwich (V) TXR1471 or Apple Cinnamon Muffin TXR3000	Sausage Kolache TXR2374 or Scone, Mixed Berry SR3579	Breakfast Pizza TXR2758 or Dutch Waffle (V) TXR1475	 Summer Break
		Daily Offerings: Cold Cereal, Cereal Bar w/Crackers or Cheese Stick, Fruit, Juice & Milk		

Fresh Pick Recipe

AVOCADO TOMATO SALAD (SERVES 4)

- 1/3 cup and 1 Tbsp avocados (cubes)
- 1 Tbsp and 1 3/4 tsp lime juice
- 1 1/2 cups and 1 1/2 Tbsp peeled cucumber (chopped)
- 1 1/2 cups and 1 1/2 Tbsp red tomato (chopped)
- 2 3/8 tsp cilantro
- 2 3/8 tsp parsley (chopped)
- 1/8 tsp salt
- 1/8 tsp black pepper
- 3 Tbsp and 5/8 tsp Italian salad dressing

1. Cut avocado in half. Remove seed with chef knife and peel with teaspoon. Dice. Toss with lime juice to prevent browning.
2. Peel and dice cucumber 1/4".
3. Dice tomato 1/4".
4. Wash cilantro and parsley and pat dry. Pull leaves off the stem and roughly chop.
5. Combine cucumber, tomato, cilantro, salt and pepper with dressing in a large non-reactive bowl.
6. Allow at least 30 minutes for the flavors to meld.
7. Before serving, gently mix in avocados and garnish with parsley.



Keller ISD Child Nutrition Department
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Please look for these icons in your cafeteria.