



# Keller ISD Elementary Menu

**APR 2024**

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**



**2**  
Baked Penne Pasta (V) w/Breadstick **SR2128/SR1044**  
Turkey Hot Dog **TXR1011**  
Chicken Drumstick w/Roll **SR1010/SR2447**  
Crispy Chicken Wrap **SR2525**  
Garden Green Power Salad w/ Roll **SR1226/SR1010**

**3**  
Macaroni and Cheese w/Roll (V) **TXR2127/SR1010**  
Nachos, Bean & Cheese **SR1471**  
Chicken Nuggets (5) w/Breadstick **SR1367/SR1010**  
Turkey Breast & Cheese Sub **TXR2734**  
Sunbutter & Jelly Sandwich (V) **SR1062**

**4**  
Meatloaf w/ Breadstick **TXR2938/SR2142**  
BBQ Chicken Sliders **TXR1961**  
Fish Nuggets w/Roll **SR1045/SR1010**  
Garden Greens Salad w/Twisted Breadstick **SR3695/SR2142**  
American Combo Wrap **SR3588**

**5**  
Cheese (V) **TXR1924/** Pepperoni Pizza **TXR1093**  
Veggie Burger (V) **TXR3242**  
Fish Sandwich **TXR1105**  
Turkey & Cheese Sandwich **TXR1901**  
Manager's Special

Manager's Special: A Once Weekly Entree picked by your Cafeteria Manager. This will vary at each campus.

**8**  
Chicken Nuggets (5) w/Breadstick **SR1367/SR1044**  
Breaded Chicken Sandwich **TXR1004**  
Chicken Quesadilla **SR1054**  
Garden Green Power Salad w/ Roll **SR1226/SR1010**  
Protein Power Up Box **SR3879**

**9**  
Chicken Spaghetti w/Garlic Knot **TXR1009/SR1255**  
Turkey Ham & Cheese Melt Sandwich **TXR2370**  
Grilled Chicken Sandwich **TXR3298**  
Hummus Wrap (V) **SR2809**  
Sunbutter & Jelly Sandwich (V) **SR1062**

**10**  
Beefy Macaroni w/Breadstick **TXR1462/SR1044**  
Chicken Etouffee w/Brown Rice (1/2cup) **SR3560/SR1098**  
Turkey Hot Dog **TXR1011**  
Just Peachy Parfait W/Graham Crackers/ and Cheese Stick **SR1503/SR3035/TXR1014**  
Chicken Caesar Salad w/ Breadstick **SR2523/SR1044**

**11**  
Hamburger/Cheeseburger (C) **TXR1000/TXR1030**  
Macaroni and Cheese w/Roll **TXR1398/SR1010**  
Fish Nuggets w/Roll **SR1045/SR1010**  
Buffalo Chicken Salad w/Breadstick **SR3387/SR1044**  
Turkey and Cheese Wraps **SR1154**

**12**  
Cheese (V) **TXR1924/** Pepperoni Pizza **TXR1093**  
Pork BBQ Rib Sandwich **TXR2614**  
Hot and Crunchy Chicken and Waffles **TXR2950**  
Zesty Italian Sub **TXR2802**  
Manager's Special



**15**  
Chicken Nuggets (5) w/Breadstick **SR1367/SR1044**  
Rainbow Chili Cheese Baked Potato **SR1332/SR1010**  
Cheese Quesadilla (V) **TXR2381**  
Strawberry Parfait W/Graham Crackers/ and Cheese Stick **SR1386/SR3035/TXR1014**  
Zesty Italian Wrap **TXR1368**

**16**  
Meatball Sub **TXR3299**  
Chicken Drumstick w/Roll **SR1010/SR2447**  
Grilled Cheese Sandwich (V) **TXR1276**  
Greek Salad w/Roll **SR1058/SR1010**  
Turkey Breast & Cheese Sub **TXR2734**

**17**  
Hamburger/Cheeseburger (C) **TXR1000/TXR1030**  
Totchos w/pulled Pork served w/ Roll **TXR3034/SR1010**  
Grilled Chicken Sandwich **TXR3298**  
Hummus Wrap (V) **SR2809**  
Garden Greens Salad w/ Breadstick (2 each) **SR3695/SR1044**

**18**  
Frito Chili Pie **TXR1025**  
Fish Nuggets w/Roll **SR1045/SR1010**  
Breaded Chicken Sandwich **TXR1004**  
Chicken Caesar Wrap **TXR1264**  
Ham and Cheese Sub **TXR1998**

**19**  
Cheese (V) **TXR1924/** Pepperoni Pizza **TXR1093**  
Breaded Fish Sandwich **TXR2596**  
Hot & Crunchy Chicken **TXR2950**  
Chicken Caesar Salad w/Breadstick **SR2523/SR1044**  
Managers Special



**22**  
Chicken Nuggets (5) w/Breadstick **SR1367/SR1044**  
BBQ Pulled Pork Sandwich **TXR2161**  
Pizza Bento Box **SR2095**  
Power Greens Salad w/Roll **SR1226/SR1010**  
Turkey Breast & Cheese Sub **TXR2734**

**23**  
Spaghetti & Meat Sauce w/Garlic Knot **TXR1456/SR1255**  
Breaded Chicken Sandwich **TXR1004**  
Grilled Cheese Sandwich (V) **TXR1276**  
Chicken Bacon and Ranch Wrap **SR3745**  
Hummus on Flatbread (V) **SR2143**

**24**  
Hamburger/Cheeseburger (C) **TXR1000/TXR1030**  
Totchos w/pulled Pork served w/ Roll **TXR3034/SR1010**  
Glazed, Chicken Drumstick w/Roll **SR2447/SR1010**  
Mini Bento Box **SR2825**  
Chef Salad w/Roll **SR1083/SR1010**

**25**  
Pasta Chicken Alfredo w/Breadstick **TXR1379/SR1044**  
Grilled Cheese Sandwich (V) **TXR1276**  
Fish Nuggets w/Roll **SR1045/SR1010**  
Blueberry Parfait W/Graham Crackers/ and Cheese Stick **SR1384/SR3035/TXR1014**  
Turkey and Cheese Sub **TXR2734**

**26**  
Cheese (V) **TXR1924/** Pepperoni Pizza **TXR1093**  
Beef Lasagna w/Roll **TXR1045/SR1010**  
Chicken Drumstick w/Roll **SR1010/SR2447**  
Buffalo Chicken Salad w/Breadstick **SR3387/SR1044**  
Manager's Special

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

**29**  
Chicken Nuggets (5) w/Breadstick **SR1367/SR1044**  
Veggie Burger **TXR3242**  
Cheese Quesadilla (V) **TXR2381**  
Power Greens Salad w/Breadstick (2 each) **SR1226/SR1044**  
Turkey & Cheese Sandwich **TXR1299**

**30**  
Cheese Enchilada **TXR1667**  
Chicken Corn Dogs **SR1023**  
Turkey Ham & Cheese Melt Sandwich **TXR2370**  
Strawberry Parfait W/Graham Crackers/ and Cheese Stick **SR1386/SR3035/TXR1014**  
Pizza Bento Box **SR2095**



**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!

**It's here!**  
What's new? Online menu!  
- Browse daily menu items  
- View nutrition information  
- Plan for dietary & allergy restrictions.  
Available in 50+ languages  
#myMenu #myMenu #myMenu  
socriva

## Mathematics Awareness Month

April is Mathematics and Statistics Awareness Month. Since the start of Mathematics Awareness Week back in 1986, the aim has been to increase the level of interest in the study of mathematics and increase the level of public understanding and appreciation for the wide range of applications for mathematics in fields as diverse as manufacturing, business and medicine. However, sometimes we overlook a daily activity that can help students not only advance their math skills but also establish

life skills. That activity is cooking. Cooking with recipes engages reading skills, comprehension and math. Recipes might include fractions, measuring and portioning—many of the basic skills students need to excel in math. Consider encouraging your child to select a few recipes he or she would like to make. Then, take some extra time to have fun and appreciate together the opportunity cooking brings to build a greater understanding and appreciation for mathematics.



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.liftoffsplyground.com](http://www.liftoffsplyground.com)

### BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancake on a Stick <b>SR2494</b> Or Bagel w/Cream Cheese (V) <b>TXR2410</b>	Breakfast Plate w/ Pancakes <b>TXR2379</b> Or French Toast Sticks (V) <b>SR1910</b>	Mini French Toast Bites (V) <b>SR1910</b> or Tropical Smoothie serve w/ Crackers <b>TXR1470/TXR1811</b>	Breakfast Burrito (V) <b>TXR2839</b> or Dutch Waffle (V) <b>TXR1475</b>	Egg & Cheese on Biscuit <b>TXR1602</b> or Berry Banana Smoothie w/ Cracker <b>TXR1469/SR3022</b>
Breakfast Bowl <b>TXR1205</b> or Blueberry Bread <b>TXR1220</b>	Sausage Biscuit Breakfast Sandwich (V) <b>TXR1471</b> or Smoothie, Lemonade Stand w/ Crackers <b>TXR1813/SR3022</b>	Breakfast Plate <b>TXR2465</b> or Banana Muffin <b>TXR2652</b>	Breakfast Pizza <b>TXR2758</b> or Dutch Waffle (V) <b>TXR1475</b>	WG Donut w/Icing <b>TXR1520</b> or Smoothie, Lemonade Stand w/ Crackers <b>TXR1813/SR3022</b>
Breakfast Sandwich <b>TXR2940</b> or Bagel w/Cream Cheese (V) <b>TXR2410</b>	Pancake on a Stick <b>SR2494</b> or Dutch Waffle (V) <b>TXR1475</b>	Sausage Biscuit Breakfast Sandwich (V) <b>TXR1471</b> or Smoothie, Cinnamon Roll w/ Crackers <b>SR1396/SR3022</b>	Breakfast Plate <b>TXR2465</b> or French Toast Sticks (V) <b>SR1910</b>	Smoothie, Orange w/ Crackers <b>SR1397/TXR1811</b> or Cinnamon Roll <b>SR1383</b>
Sausage Kolache <b>TXR2374</b> or Bagel w/Cream Cheese (V) <b>TXR2410</b>	Chicken on a Bun <b>TXR1223</b> or Dutch Waffle (V) <b>TXR1475</b>	Sausage Kolache <b>TXR2374</b> or French Toast Sticks (V) <b>SR1910</b>	Breakfast Burrito (V) <b>TXR2839</b> or Dutch Waffle (V) <b>TXR1475</b>	Mini Pillsbury Bagels-Cinnamon Cream Cheese <b>SR1162</b> or Smoothie, Dreamy Peach, Blender w/Crackers <b>SR1739/SR3022</b>
		<b>Daily Offerings:</b> Cold Cereal, Cereal Bar w/Crackers or Cheese Stick, Fruit, Juice & Milk		

### Fresh Pick Recipe

#### GLAZED CARROTS WITH ORANGE SAUCE (SERVES 5)

- 3 cups fresh, cooked carrots
- 1 teaspoon canola/olive oil blend
- 4 ounces frozen orange juice
- 1 1/2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1/8 teaspoon black pepper
- 1 tablespoon parsley (dried)

1. Toss carrots in oil and arrange on a parchment lined sheet pan in a single layer. Bake carrots in a 350°F standard oven for 15-18 minutes and the carrots are slightly crunchy.
2. Combine orange juice, cornstarch, brown sugar and pepper in a 4" oven safe pan and bake at 350°F for 10 minutes or until sauce thickens at 160°F or above for 15 seconds.
3. Carefully transfer cooked carrots to serving pan.
4. Pour hot orange dressing over carrots and gently toss until carrots are evenly coated. Garnish with parsley.

**NUTRITION FACTS:**  
57 calories, 1g fat,  
55mg sodium, 3g fiber



Keller ISD Child Nutrition Department  
817-744-3980



Please look for these icons in your cafeteria.