

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

3

Hamburger/Cheeseburger (C)
Chicken Potato Bowl w/Roll
Grilled Cheese Sandwich (V)
Chef Salad w/Breadstick

4

Spaghetti & Meatballs
w/Breadstick
Chicken Burger
Teriyaki Chicken Rice Bowl
Chicken Caesar Salad w/Roll

5

Beef Lasagna w/ Breadstick
Cheese (V) & Pepperoni Pizza
Hot & Crunchy Chicken with
Roll
Italian Wrap

8

Chicken Nuggets w/Roll
BBQ Chicken Sliders
Veggie Burger (V)
Chicken Caesar Salad w/Roll

9

Cheese Enchiladas
Mini Corn Dogs
Grilled Cheese Sandwich (V)
Strawberry Parfait w/ Graham
Crackers

10

Breaded Chicken Sandwich
Turkey Hot Dog
Chicken Nachos
Zesty Italian Sub

11

Popcorn Chicken Bowl w/Roll
Hamburger/Cheeseburger (C)
Baked Penne Pasta with Garlic Knot
Chef Salad w/Breadstick

12

Cheesy Breadsticks w/Marinara (V)
Fish Sticks w/Macaroni & Cheese
served w/Breadstick
Chicken & Waffle
Buffalo Chicken Wrap

16

Chicken Nuggets w/Roll
Hot Dog on a Bun
BBQ Chicken Thigh with Cornbread
Crispy Chicken Wrap

17

Chicken Tandoori w/Brown Rice
Bean, and Cheese Nachos (V)
Grilled Cheese Sandwich (V)
Cheese Stick, Yogurt w/Graham
cracker Plate

18

Beef Meatloaf (F,C) w/Roll
Chicken Nuggets w/Roll
Mini Chicken Corn Dogs
Chicken Caesar Salad w/Roll

19

BBQ Chicken Pizza
Cheese (V) Pizza
Veggie Burger (V)
Chef Salad w/Flatbread

22

Chicken Nuggets w/Roll
Cheese Quesadilla (V)
Grilled Cheese Sandwich (V)
Buffalo Chicken Salad w/Roll

23

Beef Soft Tacos
Chicken Spaghetti w/Garlic Knot
Fiesta Beef Salad w/Tortilla
Chips
Ham and Cheese Sandwich

24

Beefy Macaroni w/ Breadstick
Hamburger/Cheeseburger (C)
Chicken Etouffee w/Brown Rice
Peachy Parfait served w/Graham
Crackers

25

Macaroni and Cheese w/Breadstick
(V)
Cheesy Breadsticks w/Marinara (V)
Beef Nachos (C)
Crispy Chicken Wrap

26

Cheese (V)/Pepperoni Pizza
Fish Sticks w/Roll
Turkey Hot Dog
Chicken Salad Flatbread Sandwich

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

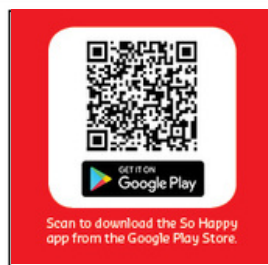
Chicken Nuggets w/Roll
Rainbow Chili and Cheese Baked
Potato, w/Roll
Grilled Cheese Sandwich (V)
Strawberry Parfait w/ Graham
Crackers

30

Meatball Sub
Grilled Cheese Sandwich (V)
Breaded Chicken Sandwich
Italian Sub Sandwich

31

Hamburger/Cheeseburger
Pulled Pork Totchos
Fish Sticks w/Roll
Hummus Wrap (V)



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!



Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.



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.liftoffplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Offerings: Cold Cereal, Cereal Bar w/Crackers or Cheese Stick, Fruit, Juice & Milk		Sausage Biscuit Breakfast Sandwich, Turkey or Bagel with Cream Cheese	Sausage Breakfast Plate or French Toast Sticks	Cinnamon Roll or Bagel with Cream Cheese
Breakfast Sandwich or Dutch Waffle	Chicken on a Bun or Bagel with Cream Cheese	Kolache or Dutch Waffle (V)	Breakfast Burrito or Bagel with Cream Cheese	Chicken Tenders on a Biscuit or WG Muffin Top
NOSCHOOL	Breakfast Pizza or Dutch Waffle	French Toast Sticks or Bagel with Cream Cheese	Chicken & Waffle or Dutch Waffle (V)	Biscuit w/Gravy & Sausage or WG Muffin Top
Breakfast on a Stick or Dutch Waffle	Sausage Breakfast Plate or WG Muffin Top	English Muffin Melt or Cinnamon Roll (V)	Breakfast Burrito or Bagel with Cream Cheese	Egg & Cheese on Biscuit or Berry Fruit Smoothie
Sausage Breakfast Plate or Blueberry Bread Slice	Sausage Biscuit Breakfast Sandwich, Turkey or WG Muffin Top	Chicken and Waffle or French Toast Sticks (V)		

Fresh Pick Recipe

ASIAN LETTUCE WRAPS WITH ORANGE SAUCE

- 1 T Olive oil
- 1 lb Turkey (ground)
- ¾ c Onion (medium dice)
- ¾ c Bell pepper (medium dice)
- ½ c Celery (sliced thin)
- 2/3 c Orange juice
- 3 T Soy sauce (low sodium)
- 1 ½ T Cornstarch mixed with 3 T water
- 2-3 Drops of Hot Sauce (optional)
- Salt and pepper to taste
- 3 Oranges (peeled/large dice)
- 1 Head of Romaine lettuce (washed/leaves separated)
- ½ c Carrots (shredded)
- ½ c Cilantro

1. Prepare all ingredients as directed.
2. In medium sauce pan place the oil and turkey and sauté until meat is almost cooked through.
3. Add the onions and bell peppers and celery and sauté for 3 minutes. Mix orange juice, soy sauce, and cornstarch mixture in small bowl and then add to the meat mixture.
4. Simmer for 3 minutes.
5. Add the diced oranges and heat through.
6. Place meat mixture in a bowl and serve with the lettuce, carrots, and cilantro in separate bowls.



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Please look for these icons in your cafeteria.