



Keller ISD Early Learning Center Menu

SEP 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meal Prices:
 Breakfast \$1.20
 Reduced \$0.30
 Adults \$1.50
 Lunch \$2.80
 Reduced \$0.40
 Adult \$3.70

1
 Cheese Pizza (V,F)
 Watermelon Cubes
 Baby Carrots
 Milk

Fresh Pick of the Month: APPLES

4
 NO SCHOOL
 Happy Labor Day!

5
 Cheesy Breadstick w/Marinara (V)
 Blushing Applesauce
 Baby Carrots
 Milk

6
 Cheeseburger (C)
 Bananas
 Celery Sticks
 Potato Smiles
 Milk

7
 Bowtie Macaroni & Cheese (V)
 Peach Fruit Cup
 Baked Beans
 Milk

8
 Cheese Pizza (V,F)
 Watermelon Cubes
 Roasted Cauliflower
 Milk

11
 Chicken Nuggets w/Breadstick
 Fresh Orange
 Mashed Potatoes
 Milk

12
 Fruit, Cheese & Yogurt Plate (V)
 Blushing Applesauce
 Baby Carrots
 Milk

13
 Cheeseburger (C)
 Potato Smiles
 Cucumber Slices
 Bananas

14
 Breakfast Plate
 Cooked Corn
 Peach Fruit Cup
 Milk

15
 Cheese Pizza (V,F)
 Watermelon Cubes
 Mixed Fresh Veggies
 Milk

18
 Spaghetti & Meat Sauce (F,C)
 Fresh Orange
 Roasted Green Beans
 Milk

19
 Grilled Cheese Sandwich (V)
 Apple Slices
 Green Peas
 Milk

20
 Cheeseburger (C)
 Potato Smiles
 Blushing Applesauce
 Celery Sticks
 Milk

21
 Yogurt & Mini Ham & Cheese
 Sandwich
 Peach Fruit Cup
 Baby Carrots
 Milk

22
 Cheese Pizza (V,F)
 Watermelon Cubes
 Mixed Fresh Veggies
 Milk

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

25
 Chicken Nuggets w/Breadstick
 Fresh Orange
 Roasted Green Beans
 Milk

26
 Cheesy Breadstick w/Marinara (V)
 Blushing Applesauce
 Baby Carrots
 Milk

27
 Cheeseburger (C)
 Potato Smiles
 Cucumber Slices
 Banana
 Milk

28
 Yogurt & Mini Sandwich
 Fresh Apple
 Charro Beans
 Milk

29
 Cheese Pizza (V,F)
 Cooked Corn
 Watermelon Cubes
 Milk

USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.



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

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Breakfast Muffin w/Eggs Strawberries Milk & Juice
NO SCHOOL Happy Labor Day!	Breakfast Burrito Orange Smiles Milk & Juice	Chicken on a Biscuit Mixed Fruit w/Strawberries Milk & Juice	Egg, Sausage & Toast Bananas Milk & Juice	Sausage Biscuit Sandwich Strawberries Milk & Juice
Chocolate Chip Muffin Orange Smiles Milk & Juice	Sausage Breakfast Pizza Applesauce Milk & Juice	Cereal & Yogurt Mixed Fruit w/Strawberries Milk & Juice	Mini Waffles Banana Milk & Juice	Eggs, Sausage & Toast Strawberries Milk & Juice
English Muffin Melt Applesauce Milk & Juice	Breakfast Burrito Fresh Orange Milk & Juice	Chicken on a Biscuit Mixed Fruit w/Strawberries Milk & Juice	Eggs, Sausage & Toast Banana Milk & Juice	Sausage Biscuit Sandwich Strawberries Milk & Juice
Sausage Breakfast Pizza Applesauce Milk & Juice	Chocolate Chip Muffin Fresh Orange Milk & Juice	Cold Cereal & Yogurt Mixed Fruit w/Strawberries Milk & Juice	Mini Waffles Banana Milk & Juice	Eggs, Sausage & Toast Strawberries Milk & Juice

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



Questions or concerns, please call the Child Nutrition Department
817-744-3980



Please look for these icons in your cafeteria.