



# Keller ISD Elementary Menu

# SEP 2017

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

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

**1**  
 Frito Chili Pie (F,C)  
 Cheese (V)/Pepperoni Pizza (F)  
 Baked Creole Fish w/Rice Pilaf (F,C)  
 Popcorn Chicken Wrap  
 Chicken Caesar Salad w/Breadstick

Fresh Pick of the Month: APPLES

**4**  
 NO SCHOOL  
 Happy Labor Day!

**5**  
 Chicken Rings w/Roll  
 Chicken Enchilada Bake (GF)  
 Spaghetti w/Pork Meatballs  
 Spinach Pear Crunch Salad  
 (V,GF) w/Roll  
 Ham & Cheese Sandwich

**6**  
 Beef Lasagna w/Breadstick (F,C)  
 Cheeseburger/Hamburger (C)  
 Breakfast Plate  
 American Sub  
 Popcorn Chicken Salad w/Breadstick

**7**  
 Cheeseburger Mac & Cheese  
 (F,C) w/Breadstick  
 Chili Turkey Dog  
 Fiesta Frito Wrap  
 Grilled Cheese Sandwich (V)  
 Turkey Chef Salad w/Roll

**8**  
 Parmesan Breaded Fish w/Rice Pilaf  
 (F,C)  
 Cheese (V)/Pepperoni Pizza (F)  
 Beef Tamales w/Chips & Chili (GF)  
 Crispy Chicken Wrap  
 Chicken BLT Salad

Daily Garden Bar includes: fresh, seasonal fruit and vegetables and chilled canned fruit

**11**  
 Chicken Enchilada (GF)  
 Chicken Rings w/Breadstick  
 Pulled Pork Sandwich (F,C)  
 Turkey Bacon Wrap  
 Garden Salad (V, GF) w/Roll

**12**  
 Cheesy Breadstick w/Marinara (V)  
 Chicken Potato Bowl w/Breadstick  
 Cilantro Lime Chicken w/Cilantro Rice  
 (GF,F)  
 Turkey & Swiss Pinwheels (F)  
 Turkey Chef Salad (GF) w/Roll

**13**  
 Bowtie Macaroni & Cheese  
 w/Breadstick (V)  
 Taco Loco Salad (GF,F,C)  
 Hamburger/Cheeseburger (C)  
 Spinach Pear Crunch Salad  
 (V,GF) w/Breadstick  
 Crispy Chicken Wrap & Yogurt

**14**  
 Beef Fingers w/Toast  
 Parmesan Chicken (F,C) w/Breadstick  
 Mini Corn Dogs  
 Chicken Craisin Salad Wrap  
 Minnie Mouse Salad (V,GF) w/Roll

**15**  
 Broccoli & Cheese Baked Potato  
 (F,C,V,GF)  
 Fish Sandwich  
 Cheese (V)/Pepperoni Pizza (F)  
 Ham & Cheese Pita  
 Chicken Caesar Salad w/Roll

Daily beverage choices: unflavored 1% milk, fat-free chocolate milk and 100% apple and orange juice

**18**  
 Chicken Rings w/Roll  
 Beef Nachos (GF)  
 Parmesan Breaded Fish w/Rice Pilaf  
 (F,C)  
 Sunbutter & Jelly Sandwich  
 Turkey Chef Salad (GF) w/Roll

**19**  
 Cheesy Breadstick w/Marinara (V)  
 Chicken Tetrazzini (F,C) w/Breadstick  
 Pulled Pork Taco (F,C)  
 Fruit, Cheese & Yogurt Plate (V)  
 Ham & Cheese Sandwich

**20**  
 Hamburger/Cheeseburger (C)  
 Breakfast Bowl (F)  
 Chicken Pot Pie (F)  
 Turkey Combo Sub  
 Garden Salad (V,GF) w/Roll

**21**  
 Chicken and Waffles  
 BBQ Pork Sliders (F,C)  
 Turkey Hot Dog  
 Crispy Chicken Wrap  
 Chicken Caesar Salad w/Breadstick

**22**  
 Chicken Fried Steak w/Roll  
 Chicken Spaghetti (F) w/Breadstick  
 Cheese (V)/Pepperoni Pizza (F)  
 Chicken Caesar Wrap  
 Turkey Bacon BLT Salad w/Breadstick

**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 Rings w/Roll  
 Smothered Bean & Cheese Burrito  
 (V)  
 Sweet & Sour Chicken w/Fried Rice  
 Turkey Bacon Wrap  
 Peppi Pizza Salad (GF) w/Breadstick  
 (V)

**26**  
 Cheesy Breadstick w/Marinara (V)  
 BBQ Pork Sliders (F,C)  
 Fajita Chicken Quesadilla  
 Chicken Craisin Salad Wrap  
 Spinach Pear Crunch Salad  
 (V,GF) w/Roll

**27**  
 Hamburger/Cheeseburger (C)  
 Chicken & Cheese Nachos (GF)  
 Pasta Alfredo Bake (F) w/Breadstick  
 (V)  
 Fruit, Cheese & Yogurt Plate (V)  
 Turkey Apple Cheddar Pita

**28**  
 Baked Potato w/Chili (F,C)  
 Taco Loco Salad (F,C,GF)  
 Chicken Corn Dog  
 Zesty Italian Wrap  
 Popcorn Chicken Salad w/Breadstick

**29**  
 Pork Meatball Sub  
 Cheese (V)/Pepperoni Pizza (F)  
 Crunch Beef Tacos (GF)  
 Turkey Combo Sub  
 Turkey Chef Salad (GF) w/Roll

## 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.liftoffplayground.com](http://www.liftoffplayground.com)

### BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DAILY OFFERINGS:</b> Assorted Cold Cereals Cereal Bars or Poptarts Fresh & Chilled Canned Fruit Milk & Juice				Chicken on a Biscuit Blueberry Muffin
NO SCHOOL Happy Labor Day!	Breakfast Burrito Cinnamon Roll (V)	Chicken on a Biscuit Savory Breakfast Muffin & Eggs	Eggs, Sausage & Toast Chocolate Chip Muffin & Eggs	Double Berry Parfait w/Crackers Sausage Biscuit Sandwich
Eggs, Sausage & Toast Dutch Waffle	Breakfast Bites Thumbprint Peach Danish	English Muffin Melt French Toast	Double Berry Yogurt Parfait w/Crackers Mini Cinnamon Waffles	Chicken on a Biscuit Blueberry Muffin
English Muffin Melt Mini Cinnamon Waffles	Cinnamon Roll Breakfast Burrito	Savory Breakfast Muffin w/Eggs Chicken on a Biscuit	Scrambled Eggs, Sausage & Toast Chocolate Chip Muffin w/Scrambled Eggs	Sausage Biscuit Sandwich Double Berry Yogurt Parfait w/Crackers
Dutch Waffle Scrambled Eggs, Sausage & Toast	Thumbprint Peach Danish Breakfast Bites	French Toast English Muffin Melt	Double Berry Yogurt Parfait w/Crackers Mini Cinnamon Waffles	Blueberry Muffin Chicken on a Biscuit

### 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.