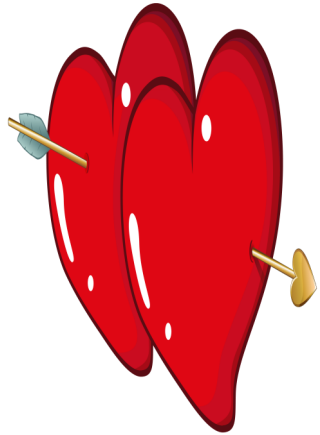


Keith Valley Menus February 2020



Choice of Milk Available
Everyday

"This institution is an equal opportunity provider. Menus are subject to change"

Additional Choices Include:

Baby Carrots w/wo
Ranch Dressing

100% Fruit Juice:
Apple, Orange & Grape

Fresh Fruit Basket
w/ Apples, Bananas &
Oranges

Milk Offerings Include:
Low Fat White,
Fat Free
Chocolate & Strawberry,
and Lactaid

Gluten Free Daily Menu Choices

Monday– Ham and Cheese
Sandwich on GF Bread

Tuesday– Brunch Box–
Rice Chex Cereal

Yogurt and a String Cheese w/wo GF
Granola packet

Wednesday– GF Macaroni and Cheese

Thursday– Grilled Cheese on GF Bread

Friday– GF Chicken Tenders
w/wo GF Granola packet

Available Daily

**Peanut Butter & Jelly
Uncrustable Kit:**
with String Cheese and
Whole Grain Crackers

Muffin/ Yogurt Kit:
With String Cheese

Salad Bar:
With a Variety of Meat, Cheeses and
Vegetable Toppings. Served with a
Roll

**Middle School Lunch
is \$3.00**

Monday Feb.3

Lunch

Chicken Nuggets
w/wo Corn Bread
Hot Dog on a WW
Bun
Chicken Taquitos w/
wo Salsa
Cheezy Breadsticks
(Cheese or
Pepperoni)
Ham & Cheese
Panini

BBQ Baked Beans
Fresh Zucchini Sticks
Peach Slices
Raisins

Tuesday Feb. 4

Lunch

Bosco Sticks w/wo
Dip
Corn Dog
Meatball Sandwich
Pizza Bagel
Italian Hoagie

Loaded Mashed
Potatoes
Green Pepper Strips
Blueberries
Pear Slices

Wednesday Feb. 5

Lunch

Mozzarella Cheese
Sticks w/wo Sauce
Sausage, Egg and
Cheese Bagel
Sandwich
Chick-N Sandwich
Big Daddy Pizza
Turkey BLT on
Wheat

Sweet Peas
Fresh Cucumbers
Applesauce Cup
Fresh Orange
Wedges

Thursday Feb. 6

Lunch

Brunch for Lunch
Dutch Waffle w/
Sausage Links
Chicken and Waffle
Bites
w/wo Dutch Waffle
Fries
Cheese Steak or
Steak Sandwich
Mickey's Pizza
American Hoagie

Hash Brown Patties
Red Pepper Strips
Sweet Peach Slices
Mixed Fruit

Friday Feb. 7

Lunch

Chicken Fries
w/wo Texas Toast
Spicy Chick-N
Sandwich
Cheeseburger or
Hamburger on Roll
Wild Mike's Cheezy
Breadstick Poppers
Assorted
Sandwiches

French Fries
Grape Tomatoes
Blueberries
Fresh Grape Bunch

Monday Feb. 10

Lunch

Bosco Sticks
Mickey's Pizza
Chick-N Sandwich
Bacon, Egg and
Cheese Sandwich
Turkey & Cheese
Hoagie

BBQ Baked Beans
Red Pepper Strips
Applesauce
Pears

Tuesday Feb. 11

Lunch

Walking Taco
(Tostitos or Doritos)
with Seasoned Beef
and Cheese
Grilled Cheese
Sandwich w/wo
Tomato Soup
Mini-Corn Dogs
Mickey's White Pizza
Ham & Cheese
Ciabatta
Seasoned Corn
Black Bean and Corn
Salsa
Plantains
Mandarin Oranges

Wednesday Feb. 12

Lunch

Oven Baked
Breaded Chicken
(Drumstick, Thigh
or Breast)
w/wo Biscuit
Nachos to Go
Chicken Smacker
Sandwich Melt
French Bread Pizza
Italian Hoagie
Waffle Fries
Romaine Side Salad
Peach Slices
Blueberries

Thursday Feb. 13

Lunch

Rotini Pasta w/wo
Meatballs
Cheeseburger,
Hamburger or
Bacon
Cheeseburger
Sicilian Pizza
Turkey BLT on
Wheat
Steamed Broccoli
Grape Tomatoes
Fresh Orange
Wedges
Fresh Grape Bunch

Friday Feb. 14

**Friday
February 14th
No School
Today**

**Monday
February
17th
District
Closed**

Tuesday Feb. 18

Lunch

Bosco Sticks
Cheeseburger,
Hamburger or
Bacon
Cheeseburger
Chicken or Cheese
Quesadilla
Ham & Cheese
Hoagie
Emoji Fries
Side Salad
Raisins
Peach Slices

Wed. Feb. 19

Lunch

Crispy Popcorn
Chicken w/wo
Pretzel Rod
Choose
Spicy Chick-N
Sandwich
Pizza Burger
Big Daddy Pizza
American Hoagie
Mashed Potatoes
Steamed Corn
Fresh Orange
Wedges
Mixed Berries

Thursday Feb. 20

Lunch

Breaded Ravioli w/
wo Sauce
Sausage, Egg and
Cheese Bagel
Sandwich
Cheese Steak
or Steak Sandwich
Mickey's Pizza
Chicken Salad on
Wheat

Steamed Broccoli
Fresh Cucumbers
Sweet Pear Slices
Fresh Grape Bunch

Friday Feb. 21

Lunch

Mexican My Way
Tacos w/wo Chicken
Or
Chicken and Cheese
Taquitos
Chick-N Sandwich
Pepper Jack Cheese
Enchiladas
Meat Lovers
Stromboli
Assorted
Sandwiches
Steamed Corn
Grape Tomatoes

Mandarin Oranges
Baked Cinnamon
Apples

Monday Feb. 24

Lunch

Popcorn Chicken
w/wo Breadstick
Cheeseburger,
Hamburger or
Bacon Cheese
Burger
Mickey's Pizza
Turkey & Cheese
on a Croissant

Spiral Fries
Fresh Broccoli
Blueberries
Raisins

Tuesday Feb. 25

Lunch

Nachos w/
Meat or Bean
Cheese Dip w/wo
Cheese
Spicy Chick-N
Sandwich
Grilled Cheese
Sandwich w/wo
Tomato Soup
Stuffed Crust Pizza
Ham & Cheese
Ciabatta

Steamed Corn
Black Bean and
Corn Salsa
Mandarin Oranges
Peach Slices

Wed. Feb. 26

Lunch

Chicken Fries
w/wo Texas Toast
Meatball Sandwich
Nachos to Go
French Bread Pizza
Italian Hoagie

Sidewinder Fries
Side Salad
Blueberries
Baked Cinnamon
Apples

Thursday Feb. 27

**Lunch
Asian Bar**

Teriyaki Chicken w/
wo Vegetable Fried
Rice or Chicken Pot
Stickers w w/o Egg
Roll and a Fortune
Cookie

Chick-N Sandwich
Pepperoni and
Cheese Bagel Melt
Three Cheese
Ciabatta Pizza
Tuna Hoagie
Steamed Broccoli
Edamame Beans
Fresh Orange
Wedges
Fresh Grape Bunch

Friday Feb. 28

Lunch

Chicken Drumstick
w/wo a Side of Mac
and Cheese or Mac
and Cheese Entree
w/wo Dinner Roll
Cheese Steak or
Steak Sandwich
Big Daddy Pizza
Assorted
Sandwiches

Honey Baked Beans
Celery Sticks
Blueberries
Sliced Pears