



THINK [TX]

CHOOSE TO EAT WELL

WELCOME

Keller ISD Elementary Menu

AUG-SEP

2024

MONDAY

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!



TUESDAY

It's here!

What's new? Online menus!

- Browse daily menu items
- View nutrition information
- Plan for dietary & allergy restrictions. Available in 50+ languages!

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WEDNESDAY

14

Chicken Nuggets w/Breadstick
Cheese Quesadilla (V)
Turkey and Cheese Sub

THURSDAY

15

Spaghetti & Meat Sauce w/Garlic Knot
Turkey Hot Dog
Chicken Bacon Ranch Wrap

FRIDAY

16

Cheese (V)Pepperoni Pizza
Chicken Quesadilla (V)
Mini Deli Bento Box

19

Chicken Nuggets w/Roll
Pasta Chicken Alfredo w/Roll
Sun butter and Jelly Sandwich w/Yogurt

20

Beef Lasagna w/ Breadstick
Chicken or Beet Soft Tacos
Ham and Cheese Flatbread Sandwich

21

Hamburger/Cheeseburger (C)
Power Green Salad w/Breadstick
Turkey Ham and Cheese

22

Bean and Cheese Enchilada
Mini Chicken Corn Dogs
Strawberry Parfait W/Graham Crackers/ and Cheese Stick
Turkey and Cheese Sub

23

Cheese (V) / Pepperoni Pizza
Grilled Chicken Sandwich
Greek Salad w/ Flatbread
Cheese Stick , Yogurt w/ Graham cracker Plate

26

Chicken Nuggets w/Breadstick
Grilled Cheese Sandwich (V)
Chef Salad w/Roll
Veggie Wrap (V)

27

Cheesy Breadsticks w/Marinara
Turkey Hot Dog
Garden Greens Salad w/Flatbread

28

Smothered Bean Burrito
Hamburger/Cheeseburger (C)
Chicken Caesar Salad w/Breadstick
Sun butter and Jelly Sandwich (V)

29

Baked Penne Pasta w/Breadstick
Breaded Chicken Sandwich
Power Garden Greens Salad w/Flatbread
Crispy Chicken Wrap

30

Cheese (V)/ Pepperoni Pizza
Korean BBQ Pork w/Rice
Turkey and Cheese Sub
Cheese Stick , Yogurt w/Graham cracker Plate

2

Chicken Nuggets w/Breadstick
Grilled Cheese Sandwich (V)
EZ Pizza Box
Greens Garden Salad w/Roll

3

BBQ Chicken Flatbread Pizza
BBQ Pork Rib Sandwich
Chicken Caesar Salad w/Flatbread
Sun butter and Jelly Sandwich

4

Hamburger/Cheeseburger (C)
Cheese Quesadilla (V)
Power Green Salad w/Flatbread
Turkey and Cheese Sub

5

Chicken Spaghetti w/Garlic Knot
Grilled Chicken Sandwich
Veggie Hummus Wrap
Fiesta Salad w/WG Tortilla Chips

6

Cheese (V) Pepperoni Pizza
Korean BBQ Pork w/ brown rice
Chicken Caesar Salad w/Roll
Yogurt and Ham Sandwich

MENUIDENTIFIERS:

(F) FRESH made from scratch (C) CLEAN seven or fewer ingredients (L) LOCAL purchased from a Texas vendor (V) Vegetarian (GF) Gluten-Free

9

Macaroni and Cheese w/Breadstick (V)
Cheese Quesadilla (V)
Buffalo Chicken Salad w/Breadstick
Sun butter and Jelly Sandwich

10

Beef Soft Tacos
Turkey Hot Dog
Chicken Salad Flatbread Sandwich
Chicken Chef Salad w/Roll

11

Chicken Nuggets w/Breadstick
Baked Potato w/ Chili w/Cornbread
Cheese Stick , Yogurt w/ Graham cracker Plate
Zesty Italian Wrap

12

Meatball Sub
Turkey Hot Dog
Greek Salad w/ Flatbread
Sun butter and Jelly Sandwich (V)

13

Cheese (V) / Pepperoni Pizza
Totchos, w/pulled Pork/Tortilla Chips
Greens Garden Salad w/Roll
Chicken Fajita Wrap

This institution is an equal opportunity provider.

