**MONDAY**

- Chicken Rings w/Roll
- Grilled Cheese Sandwich (V)
- Beef Tamales w/Chips & Chili (GF)
- Pizza Kidzable
- Chicken Caesar Salad (F) w/Roll

**TUESDAY**

- Turkey & Gravy w/Biscuit
- Sweet & Sour Chicken w/Fried Rice
- Hamburger/Cheeseburger (C)
- Chicken Salad Flatbread Sandwich (F)
- Fruit, Cheese & Yogurt Plate (V)

**WEDNESDAY**

- Breaded Chicken Sandwich
- Steak Fingers w/Roll
- Mini Chicken Corn Dogs
- Tuna Salad Sub (F)
- Cobb Salad (GF,F) w/Breadstick

**THURSDAY**

- Fish & Chips
- Cheese (V)/Pepperoni Pizza (F)
- Chicken Alfredo Pasta (F)
- Ham & Cheese Pita
- Chicken Caesar Salad (F) w/Breadstick

**FRIDAY**

- Fresh Pick of the Month: BROCCOLI

---

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

**Monday:**
- Chicken Rings w/Roll
- Smothered Beef, Bean & Cheese
- Burrito
- Korean BBQ Pork (C) w/Fried Rice (F)
- BLT Wrap (F)
- Peppi Pizza Salad (GF,F) w/Pretzel

**Tuesday:**
- Cheesy Breadsticks w/Marinara (V)
- Chicken Nachos (GF)
- Turkey Roast (GF) w/Roll
- Ham & Cheese Sandwich
- Fruit, Cheese & Yogurt Plate (V)

**Wednesday:**
- INDOOR BBQ EVENT
- Hamburger/Cheeseburger (C)
- Turkey Hot Dog
- Breaded Chicken Sandwich
- American Sub
- Garden Salad (V,GF) w/Roll

**Thursday:**
- Beef Teriyaki Lo Mein
- Cheeseburger Macaroni (F)
- Turkey Hot Dog
- Breakfast Plate
- American Sub
- Garden Salad (GF,F) w/Breadstick

**Friday:**
- Breaded Fish Sandwich
- Cheese (V)/Pepperoni Pizza (F)
- Chicken Alfredo Pasta (F)
- Ham & Cheese Pita
- Chicken Caesar Wrap

---

**MLK DAY**

- Beef Soft Tacos
- Chicken Pesto Pasta (F)
- Chicken Rings w/Roll
- Ham & Cheese Sandwich
- Cobb Salad (GF,F) w/Roll

**Monday:**
- Beef & Cheese Pita
- Frito Chili Pie (GF,F)
- Turkey Roast (GF) w/Roll
- Ham & Cheese Pita
- Fruity Smoothie (F)

**Tuesday:**
- Beef & Cheese Pita
- Frito Chili Pie (GF,F)
- Turkey Roast (GF) w/Roll
- Ham & Cheese Pita
- Fruity Smoothie (F)

**Wednesday:**
- Beef & Cheese Pita
- Frito Chili Pie (GF,F)
- Turkey Roast (GF) w/Roll
- Ham & Cheese Pita
- Fruity Smoothie (F)

**Thursday:**
- Beef & Cheese Pita
- Frito Chili Pie (GF,F)
- Turkey Roast (GF) w/Roll
- Ham & Cheese Pita
- Fruity Smoothie (F)

**Friday:**
- Beef & Cheese Pita
- Frito Chili Pie (GF,F)
- Turkey Roast (GF) w/Roll
- Ham & Cheese Pita
- Fruity Smoothie (F)
### BREAKFAST MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NO SCHOOL</strong></td>
<td>Breakfast Burrito Cinnamon Roll (V)</td>
<td>Chicken on a Biscuit Banana Chocolate Chip Muffin (F) w/Eggs (V)</td>
<td>Sausage, Egg &amp; Toast Mini Pancakes (V)</td>
<td>Sausage Biscuit Sandwich Waffles (V)</td>
</tr>
<tr>
<td>Breakfast Bowl Dutch Waffle (V)</td>
<td>Breakfast Bagel (V) WG Donut w/Icing (V)</td>
<td>French Toast (V) Brown Sugar Oatmeal (V)</td>
<td>Breakfast Kolache Mini Waffles (V)</td>
<td>Chicken on a Biscuit Blueberry Muffin (F,V)</td>
</tr>
<tr>
<td><strong>NO SCHOOL</strong></td>
<td>Breakfast Burrito Cinnamon Roll (V)</td>
<td>Chicken on a Biscuit Banana Chocolate Chip Muffin (F) w/Eggs (V)</td>
<td>Sausage, Egg &amp; Toast Mini Pancakes (V)</td>
<td>Sausage Biscuit Sandwich Waffles (V)</td>
</tr>
<tr>
<td>Breakfast Bowl Dutch Waffle (V)</td>
<td>Breakfast Bagel (V) WG Donut w/Icing (V)</td>
<td>French Toast (V) Brown Sugar Oatmeal (V)</td>
<td>Breakfast Kolache Mini Waffles (V)</td>
<td>Chicken on a Biscuit Blueberry Muffin (F,V)</td>
</tr>
</tbody>
</table>

**Daily Offerings:**
- Assorted Cold Cereals, Cereal Bars & Poptarts
- Fresh & Chilled Canned Fruit
- Milk & Juice

---

### Fresh Pick Recipe

**OVEN ROASTED BROCCOLI WITH PANKO**
(SERVES 4)

- 1 tablespoon garlic (raw)
- 2 tablespoons fresh basil (chopped)
- 2 cups fresh broccoli (cooked)
- 1/2 cup canned tomato (diced)
- 2 tablespoons canola/oil blend
- 1/8 teaspoon black pepper (ground)
- 1 tablespoon Italian seasoning
- 2 tablespoons parmesan cheese
- 2 tablespoons grated Parmesan cheese

1. Chop garlic.
2. Wash basil and pat dry. Pull leaves off of stem and roughly chop.
3. Chop broccoli.
4. Drain tomatoes.
5. Lightly coat broccoli, chopped garlic and diced tomatoes with oil, Italian seasoning and pepper. Spread out on parchment lined sheet pan.
6. Bake in 450°F standard (conventional) oven for 10 minutes and broccoli is tender.
7. Sprinkle broccoli mixture with Panko and bake 5 more minutes.
8. Carefully transfer broccoli mixture to serving pan. Garnish with Parmesan cheese and basil.

**NUTRITION FACTS:**
- 395 calories, 10g fat
- 197mg sodium, 3g fiber

---

**Keller ISD Child Nutrition Department**

817-744-3980

---

**Source:** [https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year.](https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year.)