



**Keene Adventist Elementary School**  
 302 Pecan Street  
 Keene, TX 76059  
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**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



Cheese/Potato Flautas  
 Spanish Rice  
 Pico de Gallo  
 Cabbage Salad  
 Fruit  
 Milk

Hot Dog  
 Tater Tots  
 Celery Sticks  
 Cheese Strings  
 Dessert  
 Fruit Juice  
 Milk

Haystacks  
 Pinto Beans/ Corn Chips  
 Cheese Cup/ Sour Cream/ Salsa  
 Green Leaves Salad  
 Fruit  
 Milk

Veggie Burger  
 Soup  
 Tomato/Lettuce/Pickles  
 Chips  
 Fruit Juice  
 Milk

Cheese Ravioli  
 Steamed Vegetables  
 Garlic Bread  
 Spring Mix Salad  
 Fruit  
 Milk

Baked Potato  
 Chili  
 Broccoli  
 Dinner Rolls / Butter Cup  
 Cheese Cup/ Sour Cream  
 Fruit  
 Milk

Hot Dog  
 Curly Fries  
 Baby Carrots  
 Cheese Strings  
 Dessert  
 Fruit Juice  
 Milk

Tacos al Pastor  
 Spanish Rice  
 Pico de Gallo  
 Cheese Cup / Salsa  
 Pineapple  
 Milk

Deli Sandwich  
 Soup  
 Tomato/Lettuce/Pickles  
 Chips  
 Fruit Juice  
 Milk

Mashed Potatoes  
 Swiss Stake / Gravy  
 Peas & Carrots  
 Honey Wheat Rolls  
 Fruit  
 Milk

Hot Dog  
 Potato Wedges  
 Celery Sticks  
 Cheese Strings  
 Dessert  
 Fruit Juice  
 Milk

**NO LUNCH**  
**School Out @ Noon**

**NO SCHOOL**  
**President's Day**

Quesadillas  
 Pinto Beans  
 Green Beans  
 Cucumber Salad  
 Fruit Juice  
 Milk

Spaghetti w/ Marinara Sauce  
 Steamed Vegetables  
 Garlic Bread Sticks  
 Spring Mix Salad  
 Fruit  
 Milk

Soft Tacos  
 Steamed Rice  
 Corn  
 Salad  
 Fruit  
 Milk

Hot Dog  
 Tater Tots  
 Baby Carrots  
 Cheese Strings  
 Dessert  
 Fruit Juice  
 Milk

Nachos  
 Pinto Beans  
 Corn  
 Fruit  
 Milk

Cheese Pizza  
 Green Beans  
 Cucumber Salad  
 Fruit Juice  
 Milk

Lasagna  
 Broccoli  
 Spinach/Tomato Salad  
 Garlic Bread Sticks  
 Fruit  
 Milk

