

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

Spaghetti  
Meat Sauce / Marinara  
Caesar Salad  
Fruits and Vegetables  
Milk

2

Chicken Quesadillas  
Brown Rice  
Beans / Corn  
Fruits and Vegetables  
Milk

3

Cheeseburger Wraps  
Beef / Tofu  
Thousand Island Dressing  
Pasta Salad  
Fruits and Vegetables  
Milk

4

Sticky Chicken / Chickpeas  
Brown Rice  
Roasted Vegetables  
Fruits and Vegetables  
Milk

5

Calzones  
Cheese / Pepperoni  
Marinara Sauce  
Fruits and Vegetables  
Milk

8

Alfredo  
Seasoned Chicken / Plain  
Broccoli  
Fruits and Vegetables  
Milk

9

Beef Tacos  
Brown Rice  
Beans / Corn  
Fruits and Vegetables  
Milk

10

Grilled Cheese Sandwich  
Potato Salad / Coleslaw  
Fruits and Vegetables  
Milk

11

Hamburger / Cheeseburger  
Black Bean Burger  
Baked Beans  
Fruits and Vegetables  
Milk

12

Cheese Pizza  
Pepperoni Pizza  
Specialty Pizza  
Fruits and Vegetables  
Milk

15

Chicken Cantina Bowl  
Brown Rice  
Beans / Corn  
Fruits and Vegetables  
Milk

16

Chicken Bacon Ranch Wrap  
Hummus or Tuna Wrap  
Chips + Salsa  
Fruits and Vegetables  
Milk

17

Sloppy Joes on a Bun  
Beef / Lentil  
Black Bean Salad  
Fruits and Vegetables  
Milk

18

Chef's Choice  
Fruits and Vegetables  
Milk

19

NO SCHOOL  
*Juneteenth*

22

Homemade Ziti  
Meat / Plain  
Broccoli  
Fruits and Vegetables  
Milk

23

Italian Sausage on a Bun  
Peppers / Onions  
Crispy Chickpeas  
Fruits and Vegetables  
Milk

24

*Early Release*  
Wrap Day  
Chicken / Tuna / Egg Salad / SB&J  
Pasta Salad  
Fruits and Vegetables  
Milk

25

*Early Release*  
Wrap Day  
Chicken / Tuna / Egg Salad / SB&J  
Pasta Salad  
Fruits and Vegetables  
Milk

26

NO SCHOOL  
  
*Superintendent's Day*

29

NO SCHOOL  
  
*Summer Vacation*

30

NO SCHOOL  
  
*Summer Vacation*

*A delicious, homemade  
dessert is served once  
per week!*

**We Proudly Use These Local Vendors!**  
Juniper Hill Farm- Produce + Fresh Eggs  
Essex Food Hub – Apples / Pasta  
North Country Creamery - Yogurt  
Donahue's Livestock and Lucki7 – Beef  
Whitney's Maple Spring Farm – Maple Syrup  
Glaziers - Milk

Keene Central School encourages all students to select a complete meal containing all 5 food components at lunch.

Students must select at least 3 food components, with one of the food components being at least ½ cup of fruit or vegetable to constitute a reimbursable meal.

Alternate lunch choices are Sun butter + Jelly or Egg Salad Sandwich. If you have a food allergy, please notify us.