

October 2018 Breakfast



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pancakes (2) Cereal Fruit Juice Milk	2 Muffin Yogurt Cereal Fruit Juice Milk	3 Cinnamon Roll Cereal Fruit Juice Milk	4 Biscuit & Gravy Jelly Cereal Fruit Juice Milk	5 Breakfast Taco Cereal Fruit Juice Milk
8 Pancake on a Stick Cereal Fruit Juice Milk	9 Toast & Jelly Scrambled Eggs Cereal Fruit Juice Milk	10 Biscuit & Gravy Jelly Cereal Fruit Juice Milk	11 Pancake Minis Cereal Fruit Juice Milk	12 Donut Cereal Fruit Juice Milk
15 Yogurt Parfalt Cereal Fruit Juice Milk	16 Sweet Waffle Sticks Scrambled Eggs Cereal Fruit Juice Milk	17 Oatmeal with Toppings Cereal Fruit Juice Milk	18 Sausage Biscuit Cereal Fruit Juice Milk	19 Blueberry Pancake Bites Cereal Fruit Juice Milk
22 Cinnamon Toast Scrambled Eggs Cereal Fruit Juice Milk	23 Biscuit & Gravy Cereal Fruit Juice Milk	24 Pancakes(2) Cereal Fruit Juice Milk	25 Breakfast Scramble Toast and Jelly Cereal Fruit Juice Milk	26 Cinnamon Roll Cereal Fruit Juice Milk
29 French Toast Sticks Cereal Fruit Juice Milk	30 Biscuit & Gravy Jelly Cereal Fruit Juice Milk	31 Waffles (2) with Toppings Cereal Fruit Juice Milk	1 Breakfast Pizza Flatbread Cereal Fruit Juice Milk	2 Donut Cereal Fruit Juice Milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

October 2018 Lunch



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti with Meat Sauce Garlic Knot Green beans Fruit Milk Salad Bar	2 Southwest Chicken Sub French Fries Fruit Milk Salad Bar	3 Beef Soft Taco Refried Beans Chips and Salsa Fruit Milk Salad Bar	4 Ranch Roasted Pork Loin/Dinner Roll Roasted Carrots Mashed Potatoes and Brown Gravy Fruit/Salad Bar Milk	5 Pizza Bar Caesar Salad Fruit Milk Salad Bar
8 Cheeseburger Mac Cinnamon Stick Green Beans Fruit Milk Salad Bar	9 Taco Soup Chips and Salsa Beans Fruit Milk Salad Bar	10 BBQ Chicken Flatbread Garden Salad Doritos Fruit Milk Salad Bar	11 Southwest Chicken Pot Pie Biscuit Roasted Carrots Fruit Milk Salad Bar	12 Cheeseburger Tater Tots Fruit Milk Salad Bar
15 Corn Dog Ruffles Green Beans Fruit Milk Salad Bar	16 Mexican Flatbread Chips and Salsa Beans Fruit Milk Salad Bar	17 Popcorn Chicken Mashed Potatoes and Gravy Dinner Roll Fruit Milk Salad Bar	18 Chili Fritos Beans Homemade Cinn Roll * Fruit Milk Salad Bar	19 Pizza Bar Baby Carrots Italian Salad Fruit Milk Salad Bar
22 Pineapple Glazed Ham Green Beans Loaded Mashed Potatoes Dinner Roll Fruit Milk Salad Bar	23 Chicken and Noodles Dinner Roll Roasted Carrots Fruit Milk Salad Bar	24 Homemade Burrito Mexican Salad Chips and Salsa Fruit Milk Salad Bar	25 Breaded Chicken Sandwich Baked Beans Doritos Fruit Milk Salad Bar	26 Breakfast for Lunch Waffles Scrambled Eggs Sausage Patty Breakfast Potatoes Fruit Milk Salad Bar
29 Chicken Spaghetti Garlic Knot Green Beans Fruit Milk Salad Bar	30 Cheeseburger Sweet Potato Fries Fruit Milk Salad Bar	31 Mummy Dogs Mac and Cheese Tater Tots Fruit Milk Salad Bar	1 BBQ Pulled Pork Sandwich Baked Beans Ruffles Fruit Milk Salad Bar	2 Stromboli Caesar Salad Marinara Sauce Fruit Milk Salad Bar

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