

February 2018 Breakfast Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast Scramble Toast Cereal Fruit Juice Milk	2 Oatmeal with Toppings Bar Cereal Fruit Juice Milk
5 Yogurt Parfait Cereal Fruit Juice Milk	6 Sweet Waffle Sticks Scrambled Eggs Cereal Fruit Juice Milk	7 Biscuit and Gravy Cereal Fruit Juice Milk	8 Breakfast Taco Cereal Fruit Juice Milk	9 Cinnamon Roll Cereal Fruit Juice Milk
12 Toast Scrambled Eggs Cereal Fruit Juice Milk	13 Pancake on a stick Cereal Fruit Juice Milk	14 Oatmeal with toppings Cereal Fruit Juice Milk	15 Donut Cereal Fruit Juice Milk	16 No School
19 No School	20 Blueberry Muffin Cereal Fruit Juice Milk	21 Toast and Breakfast Scramble Cereal Fruit Juice Milk	22 Blueberry Pancake Bites Cereal Fruit Juice Milk	23 Waffles (2) with Toppings Cereal Fruit Juice Milk
26 Cinnamon Toast Strawberry/Banana Yogurt Cereal Fruit Juice Milk	27 Breakfast Pizza Flatbread Cereal Fruit Juice Milk	28 Chocolate Muffin Cereal Fruit Juice Milk	1 Cinnamon Roll Cereal Fruit Juice Milk	2 Biscuit and Gravy Cereal Fruit Juice Milk

*Indicates new menu item

February 2018 Lunch Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Taquitos Spanish Rice Beans Chips and Salsa Fruit Milk Salad Bar	2 Stromboli Marinara Garden Salad Fruit Milk Salad Bar
5 Chicken and Noodles Biscuit Roasted Carrots Fruit Milk Salad Bar	6 Nacho Bar (Beef, Beans, Queso) Chips and Salsa Fruit Milk Salad Bar	7 BBQ Chicken Poppers Baked Potato Green Beans Dinner Roll Fruit Milk Salad Bar	8 Chili Fritos Chili Beans Fruit Milk Salad Bar	9 Cheeseburger Garden Salad Doritos Fruit Milk Salad Bar
12 BBQ Chicken Flatbread Ruffles Baby Carrots Fruit Milk Salad Bar	13 Pork Loin Loaded Mashed Potatoes Dinner Roll Fruit Milk Salad Bar	14 Chicken Alfredo Garlic Knot Green beans Fruit Milk Salad Bar	15 Hot Dog BBQ Baked Beans Iced Sugar Cookie Fruit Milk Salad Bar	16 No School
19 No School	20 Chicken Wrap Italian Salad Ruffles Fruit Milk Salad Bar	21 Country Fried Steak Mashed Potatoes and Gravy Roasted Carrots Dinner Roll Fruit Milk Salad Bar	22 Enchiladas Refried Beans Spanish Rice Chips and Salsa Fruit Milk Salad Bar	23 Pulled Pork Sandwich French Fries Fruit Milk Salad Bar
26 Corn Dog Mac and Cheese Green Beans Fruit Milk Salad Bar	27 Italian Chicken Sub Parmesan Fries Fruit Milk Salad Bar	28 Burrito Bowl (Beef, Cilantro Rice, Beans, Queso) Chips and Salsa Fruit Milk Salad Bar	1 Southwest Chicken Pot Pie Biscuit Roasted Carrots Fruit Milk Salad Bar	2 Pizza Caesar Salad Fruit Milk Salad Bar

*Indicates new menu item