

September 2018 Breakfast



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Labor Day	4 Chicken Biscuit 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz	5 Yogurt Parfait 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz	6 Breakfast Pizza Flatbread 1 slice Fruit 1/2 Cup Juice 4oz Milk 8oz	7 Cinnamon Roll 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz
10 Pancake on a Stick 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz	11 Sausage Biscuit 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz	12 Pancake Minis 6 each Fruit 1/2 Cup Juice 4oz Milk 8oz	13 Breakfast Burrito 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz	14 Donut 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz
17 Breakfast Quesadilla 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz	18 Muffin 1each Yogurt 4oz Fruit 1/2 Cup Juice 4oz Milk 8oz	19 Sausage Biscuit 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz	20 Blueberry Pancake Bites 1 pkg Fruit 1/2 Cup Juice 4oz Milk 8oz	21 Cinnamon Roll 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz
24 French Toast Sticks 3 each Fruit 1/2 Cup Juice 4oz Milk 8oz	25 Breakfast Taco 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz	26 Pancake on a Stick 1 Fruit 1/2 Cup Juice 4oz Milk 8oz	27 Ubr Bar 1 each Yogurt 4oz Fruit 1/2 Cup Juice 4oz Milk 8oz	28 Sausage Biscuit 1 each Fruit 1/2 Cup Juice 4oz Milk 8oz

September 2018 Lunch



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Labor Day	4 Spaghetti with Meat Sauce Green Beans Garlic Knot Fruit Milk Salad Bar	5 BBQ Chicken Loaded Mashed Potatoes Dinner Roll Fruit Milk Salad Bar	6 Pulled Pork Sandwich BBQ Baked Beans Fruit Milk Salad Bar	7 Pizza Italian Salad Carrot Sticks Fruit Milk Salad Bar
10 Country Fried Steak Mashed Potatoes & Gravy Dinner Roll Fruit Milk Salad Bar	11 Ham and Cheese Sub Garden Salad Carrot Sticks Fruit Milk Salad Bar	12 Lasagna Green Beans Breadstick Fruit Milk Salad Bar	13 Chicken Fajitas Refried Beans Chips and Salsa Fruit Milk Salad Bar	14 Cheeseburger Tater Tots Fruit Milk Salad Bar
17 Pig in a Blanket Mac and Cheese Green Beans Fruit Milk Salad Bar	18 Beef Enchilada Refried Beans Chips and Salsa Fruit Milk Salad Bar	19 BBQ Mini Meatloaf* Mashed Potatoes & Brown Gravy Dinner Roll Fruit Milk Salad Bar	20 Santa Fe Chicken Wrap Carrot Sticks Fruit Milk Salad Bar	21 Stromboli Marinara Caesar Salad Rice Krispy Treat Fruit Milk Salad Bar
24 BBQ Meatball Sub* Garden Salad Fruit Milk Salad Bar	25 Chicken Alfredo Green Beans Breadstick Fruit Milk Salad Bar	26 Pineapple Glazed Ham Roasted Carrots Corn Dinner Roll Fruit Milk Salad Bar	27 Popcorn Chicken Mashed Potatoes & Gravy Dinner Roll Fruit Milk Salad Bar	28 Cheeseburger BBQ Baked Beans Fruit Milk Salad Bar

*Indicates new menu item

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