

November 2018 Breakfast



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast Pizza Flatbread Cereal Fruit Juice Milk	2 Donut Cereal Fruit Juice Milk
5 Pancakes Scrambled Eggs Cereal Fruit Juice Milk	6 Biscuit & Gravy Jelly Cereal Fruit Juice Milk	7 Sweet Waffle Sticks Yogurt Cereal Fruit Juice Milk	8 Breakfast Taco Cereal Fruit Juice Milk	9 Cinnamon Roll Cereal Fruit Juice Milk
12 Toast Jelly Scrambled Eggs Cereal Fruit Juice Milk	13 Pancake on a Stick Cereal Fruit Juice Milk	14 Biscuit & Gravy Jelly Cereal Fruit Juice Milk	15 Bagel Breakfast Sandwich (Sausage & Cheese) Cereal Fruit Juice Milk	16 Pancake Minis Cereal Fruit Juice Milk

26 Cinnamon Toast Scrambled Eggs Cereal Fruit Juice Milk	27 Blueberry Pancake Bites Cereal Fruit Juice Milk	28 Biscuit & Gravy Jelly Cereal Fruit Juice Milk	29 Breakfast Scramble Toast and Jelly Cereal Fruit Juice Milk	30 French Toast Sticks Cereal Fruit Juice Milk
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THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

November 2018 Lunch



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BBQ Pulled Pork Sandwich Baked Beans Ruffles Fruit Milk Salad Bar	2 Stromboli Marinara Caesar Salad Fruit Milk Salad Bar
5 Country Fried Steak Mashed Potatoes & Gravy Dinner Roll Fruit Milk Salad Bar	6 Cheeseburger Mac Green Beans Breadstick Fruit Milk Salad Bar	7 Chicken Fajita Refried Beans Chips & Salsa Cilantro Rice Fruit Milk Salad Bar	8 Flatbread Cheese Pizza Garden Salad Fruit Milk Salad Bar	9 Cheeseburger Sweet Potato Fries Ruffles Fruit Milk Salad Bar
12 Breaded Chicken Sandwich Baby Carrots Doritos Fruit Milk Salad Bar	13 Spaghetti with Meat Sauce Green Beans Garlic Knot Fruit Milk Salad Bar	14 Pizza Bar Italian Salad Fruit Milk Salad Bar	15 Nacho Bar Refried Beans Chips and Salsa Fruit Milk Salad Bar	16 Roasted Turkey Mashed Potatoes Dressing/Roll Pumpkin Pie Fruit Milk
26 Popcorn Chicken Mashed Potatoes and Gravy Biscuit Fruit Milk Salad Bar	27 Pineapple Glazed Ham Roasted Carrots Corn Dinner Roll Fruit Milk Salad Bar	28 Meatball Sub Garden Salad Parmesan Fries Fruit Milk Salad Bar	29 Chicken Alfredo Green Beans Breadstick Fruit Milk Salad Bar	30 Cheeseburger BBQ Baked Beans Ruffles Fruit Milk Salad Bar

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