

September 2017 Breakfast Fredrick



**KEYSTONE
FOOD SERVICE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Donut Cereal Fruit Juice Milk
4 Labor Day	5 Breakfast Bagel (Sausage, Egg, Cheese) Cereal Fruit Juice Milk	6 Biscuit and Gravy Cereal Fruit Juice Milk	7 Blueberry Muffin Scrambled Eggs Cereal Fruit Juice Milk	8 Cinnamon Roll Trix Yogurt Cereal Fruit Juice Milk
11 Breakfast Taco Cereal Fruit Juice Milk	12 French Toast Sticks Cereal Fruit Juice Milk	13 Toast Scrambled Eggs Cereal Fruit Juice Milk	14 Biscuit and Gravy Cereal Fruit Juice Milk	15 Donut Cereal Fruit Juice Milk
18 Sausage Biscuit Cereal Fruit Juice Milk	19 Yogurt Parfait Cereal Fruit Juice Milk	20 Waffle Scrambled Eggs Cereal Fruit Juice Milk	21 Cinnamon Roll Cereal Fruit Juice Milk	22 Breakfast Pizza Flatbread Cereal Fruit Juice Milk
25 Pancake on a Stick Cereal Fruit Juice Milk	26 Cinnamon Toast Trix Yogurt Cereal Fruit Juice Milk	27 Biscuit and Gravy Cereal Fruit Juice Milk	28 Toast Breakfast Scramble Cereal Fruit Juice Milk	29 Donut Cereal Fruit Juice Milk

*Indicates new menu item

September 2017 Lunch Fredrick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheeseburger Tater Tots Fruit Salad Bar Milk
4 Labor Day	5 Pizza Caesar Salad Fruit Salad Bar Milk	6 Crispy Beef Taco Spanish Rice Refried Beans Chips and Salsa Fruit Salad Bar Milk	7 Ham and Cheese Sub Ruffles Carrot Sticks and Ranch Fruit Salad Bar Milk	8 Baked Potato Bar Boneless Wings Dinner Roll Fruit Salad Bar Milk
11 Ravioli with Chicken Cream Sauce Green Beans Breadstick Fruit Salad bar Milk	12 Pineapple Glazed Ham Ranch Roasted Potatoes Roasted Carrots Dinner Roll Fruit/Salad Bar Milk	13 Ranch Chicken Flatbread Garden Salad Fruit Salad Bar Milk	14 Homemade Beef Burrito Chili Beans Chips and Salsa Fruit Salad Bar Milk	15 Popcorn Chicken Mashed Potatoes and Gravy Biscuit Fruit/Salad Bar Milk
18 Meatball Sub Parmesan Fries Carrot Sticks Fruit Salad Bar Milk	19 Chicken Taquitos Refried Beans Spanish Rice Chips and Salsa Fruit Salad Bar Milk	20 Corn Dog Mac and Cheese Green Beans Fruit Salad Bar Milk	21 Frito Chili Pie Chili Beans Fruit Salad Bar Milk	22 Pulled Pork Sandwich Garden Salad Ruffles Fruit Salad Bar Milk
25 Spaghetti with Meat Sauce Green beans Garlic Knot Fruit Salad Bar Milk	26 Crispy Chicken Wrap* Carrot Sticks Sunchips Fruit Salad Bar Milk	27 Country Fried Steak Mashed Potatoes and Gravy Dinner Roll Fruit Salad Bar Milk	28 Hot Dog BBQ Baked Beans Ice Cream Sandwich Fruit Salad Bar Milk	29 Stromboli Italian Salad Marinara Sauce Fruit Salad Bar Milk

*Indicates new menu item