KEYSTONE FOOD SERVICE **Breakfast October 2023**

Mon, 10 /2	Tue, 10 /3	Wed, 10 /4	Thu, 10 /5	Fri, 10 /6
Pancake Scrambled Eggs Fruit Juice Milk	Breakfast Burrito Fruit Juice Milk	Biscuit & Sausage Gravy Fruit Juice Milk	Scrambled Eggs Toast Fruit Juice Milk	Donut Fruit Juice Milk
Mon, 10 /9	Tue, 10 /10	Wed, 10 /11	Thu, 10 /12	Fri, 10 /13
No School	No School	No School	No School	No School
Mon, 10 /16	Tue, 10 /17	Wed, 10 /18	Thu, 10 /19	Fri, 10 /20
Oatmeal Cinnamon Toast Fruit Juice Milk	Breakfast Burrito Fruit Juice Milk	Biscuit & Sausage Gravy Fruit Juice Milk	Breakfast Bowl Toast Fruit Juice Milk	Donut Fruit Juice Milk
Mon, 10 /23	Tue, 10 /24	Wed, 10 /25	Thu, 10 /26	Fri, 10 /27
Pancake on a Stick Fruit Juice Milk	Scrambled Eggs Toast Fruit Juice Milk	Biscuit & Sausage Gravy Fruit Juice Milk	Kolache Fruit Juice Milk	Cinnamon Roll Fruit Juice Milk
Mon, 10 /30	Tue, 10 /31			
Cinnamon Toast Yogurt Fruit Juice Milk	Donut Fruit Juice Milk			

 Milk

 *THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



KEYSTONE FOOD SERVICE Lunch October 2023

Mon, 10 /2	Tue, 10 /3	Wed, 10 /4	Thu, 10 /5	Fri, 10 /6
Chicken Nuggets Mashed Potatoes & Gravy Green Beans Dinner Roll Fruit Milk	Chicken Alfredo Caesar Salad Baby Carrots Breadstick Fruit Milk	Calzone Baby Carrots Cucumber Slices Fruit Milk	Cheeseburger French Fries Baked Beans Fruit Milk	Beef Taco Refried beans Chips & Salsa Fruit Milk
Mon, 10 /9	Tue, 10 /10	Wed, 10 /11	Thu, 10 /12	Fri, 10 /13
No School	No School	No School	No School	No School
Mon, 10 /16	Tue, 10 /17	Wed, 10 /18	Thu, 10 /19	Fri, 10 /20
Corn Dog French Fries Side Salad Fruit Milk	Pizza Pasta Italian Salad Baby Carrots Breadstick Fruit Milk	Frito Chili Pie Baby Carrots Side Salad Fruit Milk	Pulled Pork Sandwich Tater Tots Coleslaw Fruit Milk	Nacho Bar (Chicken, Queso and Tortilla Chips) Chili Beans Mexican Salad Fruit Milk
Mon, 10 /23	Tue, 10 /24	Wed, 10 /25	Thu, 10 /26	Fri, 10 /27
Grilled Cheese Tomato Soup Tater Tots Fruit Milk	Personal Cheese Pizza Caesar Salad Baby Carrots Fruit Milk	Chicken Spaghetti Green Beans Side Salad Breadstick Fruit Milk	Cheeseburger French Fries Side Salad Fruit Milk	Chicken Quesadilla Refried beans Chips & Salsa Fruit Milk
Mon, 10 /30	Tue, 10 /31		-	
Glazed Ham Mashed Potatoes & Gravy Green Beans Dinner Roll Fruit Milk	Spaghetti & Meat Sauce Italian Salad Baby Carrots Breadstick Fruit Milk			

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