

January 2019 Breakfast



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year!	2	3, Ham and Cheese Biscuit Cereal Fruit Juice Milk	4, Cinnamon Toast Yogurt Cereal Fruit Juice Milk
7, Pancake Minis Cereal Fruit Juice Milk	8, Toast Breakfast Scramble Cereal Fruit Juice Milk	9, Yogurt Parfait Cereal Fruit Juice Milk	10 Sausage Biscuit Cereal Fruit Juice Milk	11, Donut Cereal Fruit Juice Milk
14, Oatmeal with Toppings Cereal Fruit Juice Milk	15, Breakfast Burrito Cereal Fruit Juice Milk	16, Muffin Cheese Stick Cereal Fruit Juice Milk	17, Biscuit and Gravy Cereal Fruit Juice Milk	18, Cinnamon Roll Cereal Fruit Juice Milk
21, Pancake on a Stick Cereal Fruit Juice Milk	22 Biscuit and Gravy Cereal Fruit Juice Milk	23, Cinnamon Toast Yogurt Cereal Fruit Juice Milk	24, Waffle Scrambled Eggs Cereal Fruit Juice Milk	25, Donut Oatmeal Fruit Juice Milk
28, Breakfast Taco Cereal Fruit Juice Milk	29, French Toast Sticks (3) Cereal Fruit Juice Milk	30, Sausage Biscuit Cereal Fruit Juice Milk	31, Pancake Scrambled Eggs Cereal Fruit Juice Milk	1, Muffin Oatmeal Fruit Juice Milk

January 2019 Breakfast Grab n Go



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year	2 Pancake on a Stick 1 each or Ubr Bar 1 each Fruit Juice Milk	3 Cinnamon Toast 1 slice and Yogurt 4 oz or Pop Tart 1 pkg Fruit Juice Milk	4 Ham and Cheese Biscuit 1 each or Ubr Bar 1 each Fruit Juice Milk
7 Pancake Minis 1 pkg or Ubr Bar 1 each Fruit Juice Milk	8 Breakfast Taco 1 each or Pop Tart 1 pkg Fruit Juice Milk	9 Yogurt Parfait 1 each or Ubr Bar 1 each Fruit Juice Milk	10 Sausage Biscuit 1 each or Pop Tart 1 pkg Fruit Juice Milk	11 Donut 1 each or Ubr Bar 1 each Fruit Juice Milk
14 French Toast Sticks 3 each or Ubr Bar 1 each Fruit Juice Milk	15 Breakfast Burrito 1 each or Pop Tart 1 pkg Fruit Juice Milk	16 Muffin 1 each and Cheesestick 1 each or Ubr Bar 1 each Fruit Juice Milk	17 Blueberry Pancake Bites 1 pkg or Pop Tart 1 pkg Fruit Juice Milk	18 Cinnamon Roll 1 each or Ubr Bar 1 each Fruit Juice Milk
21 Pancake on a Stick 1 each or Ubr Bar 1 each Fruit Juice Milk	22 Chicken Biscuit 1 each or Pop Tart 1 pkg Fruit Juice Milk	23 Cinnamon Toast 1 slice and Yogurt 4 oz or Ubr Bar 1 each Fruit Juice Milk	24 French Toast Bites 1 pkg or Pop Tart 1 pkg Fruit Juice	25 Donut 1 each or Ubr Bar 1 each Fruit Juice Milk
28 Breakfast Burrito 1 each or Ubr Bar 1 each Fruit Juice Milk	29 French Toast Sticks 3 each or Pop Tart 1 pkg Fruit Juice Milk	30 Sausage Biscuit 1 each or Ubr Bar 1 each Fruit Juice Milk	31 Pancake Minis 1 pkg or Pop Tart 1 pkg Fruit Juice Milk	1 Muffin 1 each or Ubr Bar 1 each Fruit Juice Milk

January 2019 Lunch



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Happy New Year!	2	3 Breaded Chicken Sandwich French Fries Fruit Milk Salad Bar	4 Pizza Bar Caesar Salad Fruit Milk Salad Bar
7 Country Fried Steak Mashed Potatoes and Gravy Dinner Roll Fruit Milk Salad Bar	8 Chicken Fajitas Refried Beans Chips and Salsa Fruit Milk Salad Bar	9 Pizza Pasta Garlic Knot Green Beans Fruit Milk Salad Bar	10 Ranch Chicken Flatbread Caesar Salad Fruit Milk Salad Bar	11 Cheeseburger Sweet Potato Fries Fruit Milk Salad Bar
14 Ham and Cheese Sub Baby Carrots Ruffles Fruit Milk Salad Bar	15 Beef Soft Taco Chips and Salsa Refried Beans Fruit Milk Salad Bar	16 Pineapple Glazed Ham Corn Green Beans Dinner Roll Fruit Milk Salad Bar	17 Waffles Sausage Scrambled Eggs Breakfast Potatoes Fruit Milk Salad Bar	18 Pizza Bar Italian Salad Fruit Milk Salad Bar
21 Spaghetti with Meat Sauce Breadstick Caesar Salad Fruit Milk Salad Bar	22 Popcorn Chicken Mashed Potatoes and Gravy Green Beans Dinner Roll Fruit Milk Salad Bar	23 Philly Joe French Fries Fruit Milk Salad Bar	24 Nacho Bar (Beef, Chips, Queso, Chili Beans) Salsa Fruit Milk Salad Bar	25 Stromboli Marinara Sauce Baby Carrots Rice Krispie Treat Fruit Milk Salad Bar
28 Corn Dog Mac and Cheese Green beans Fruit Milk Salad Bar	29 Mini Meatloaf Loaded Mashed Potatoes Dinner Roll Fruit Milk Salad Bar	30 Chicken and Noodles Roasted Carrots Dinner Roll Fruit Milk Salad Bar	31 Mexican Flatbread Refried Beans Chips and Salsa Fruit Milk Salad Bar	1 Cheeseburger Tater Tots Garden Salad Fruit Milk Salad Bar

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER