

# March 2020 Breakfast Grab and Go



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Toast Sticks Or UBR Bar Fruit Juice Milk	3 Muffin Yogurt Or Pop Tarts Fruit Juice Milk	4 Sausage Biscuit Or UBR Bar Fruit Juice Milk	5 Kolache Or Pop Tarts Fruit Juice Milk	6 Pancake on a Stick Or UBR Bar Fruit Juice Milk
9 Pancake Minis Or UBR Bar Fruit Juice Milk	10 Egg & Cheese Toaster or Pop Tarts Fruit Juice Milk	11 Chicken Biscuit Or UBR Bar Fruit Juice Milk	12 Breakfast Burrito Or Pop Tarts Fruit Juice Milk	13 Donut Or UBR Bar Fruit Juice Milk
16  SPRING BREAK	17  SPRING BREAK	18  SPRING BREAK	19  SPRING BREAK	20  SPRING BREAK
23 French Toast Sticks Or UBR Bar Fruit Juice Milk	24 Breakfast Taco Or Pop Tarts Fruit Juice Milk	25 Breakfast Pizza Or UBR Bar Fruit Juice Milk	26 Sausage Biscuit Or Pop Tarts Fruit Juice Milk	27 Muffin Yogurt Or UBR Bar Fruit Juice Milk
30 Pancake on a Stick Or UBR Bar Fruit Juice Milk	31 Muffin Cheese Stick Or Pop Tarts Fruit Juice Milk	1	2	3

# March 2020 Breakfast



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Toast Sticks Cereal Fruit Juice Milk	3 Muffin Yogurt Cereal Fruit Juice Milk	4 Biscuit and Gravy Cereal Fruit Juice Milk	5 Kolache Cereal Fruit Juice Milk	6 Toast Breakfast Scramble Cereal Fruit Juice Milk
9 Pancake Sausage Cereal Fruit Juice Milk	10 Toast Scrambled Eggs Oatmeal Fruit Juice Milk	11 Biscuit and Gravy Cereal Fruit Juice Milk	12 Breakfast Burrito Cereal Fruit Juice Milk	13 Donut Cereal Fruit Juice Milk
16  SPRING BREAK	17  SPRING BREAK	18  SPRING BREAK	19  SPRING BREAK	20  SPRING BREAK
23 French Toast Sticks Cereal Fruit Juice Milk	24 Toast Breakfast Scramble Cereal Fruit Juice Milk	25 Breakfast Pizza Cereal Fruit Juice Milk	26 Biscuit and Gravy Cereal Fruit Juice Milk	27 Muffin Yogurt Cereal Fruit Juice Milk
30 Pancake Sausage Cereal Fruit Juice Milk	31 Cinnamon Toast Scrambled Eggs Cereal Fruit Juice Milk	1	2	3

# March 2020 Frederick Lunch



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Corn Dogs Mac and Cheese Green Beans Fruit Milk Salad Bar	3 Biscuit and Sausage Gravy Scrambled Eggs Breakfast Potatoes Fruit Milk Salad Bar	4 Frito Chili Pie (beef/fritos) Chili Beans Fruit Milk Salad Bar	5 Grilled Cheese Tomato Soup Garden Salad Fruit Milk Salad Bar	6 Popcorn Chicken Mashed Potatoes and gravy Dinner Roll Roasted Carrots Fruit Milk Salad Bar
9 Pizza Pasta Breadstick Green Beans Fruit Milk Salad Bar	10 Pig in a Blanket Mac and Cheese Baby Carrots Fruit Milk Salad Bar	11 Beef Taco Refried Beans Chips Salsa Fruit Milk Salad Bar	12 Pineapple glazed ham Loaded mashed potatoes Dinner Roll Fruit Milk Salad Bar	13 Pizza Italian Salad Fruit Milk Cinnamon Stick Salad Bar
16 No School! Spring Break	17	18	19	20
23 Spaghetti with Meat Sauce Breadstick Green Beans Fruit Milk Salad Bar	24 Country Fried Steak Mashed Potatoes and Gravy Fruit Milk Salad Bar	25 Ham and Cheese Sub Garden Salad Fruit Milk Salad Bar	26 Beef Nacho Bar (beef, queso, beans, chips) Salsa Fruit Milk Salad Bar	27 Cheeseburgers Baked Beans Ruffles Fruit Milk Salad Bar
30 Popcorn Chicken Mashed Potatoes and gravy Dinner Roll Roasted Carrots Fruit Milk Salad Bar	31 Pizza Round Italian Salad Fruit Milk Salad Bar	1 Corn Dogs Mac and Cheese Green Beans Fruit Milk Salad Bar	2 Frito Chili Pie (beef/fritos) Chili Beans Fruit Milk Salad Bar	3 No School