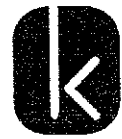


September 2020 Breakfast Grab N Go Frederick

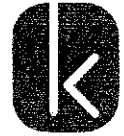


**KEYSTONE
FOOD SERVICE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Breakfast Burrito (Egg, Sausage, Cheese) or UBR Bar Fruit Juice Milk	1 Sausage Biscuit or Pop Tarts Fruit Juice Milk	2 Banana Split Parfait (Yogurt, Homemade Granola, Banana, Choc Chips, Cherry) or UBR Bar Juice Milk	3 Pancake on a Stick or Pop Tarts Fruit Juice Milk	4 Donut or UBR Bar Fruit Juice Milk
7 Labor Day	8 Muffin & Yogurt or Pop Tarts Fruit Juice Milk	9 Chicken Biscuit or UBR Bar Fruit Juice Milk	10 Breakfast Taco (Sausage, Egg, Cheese & Tater Tots) or Pop Tarts Fruit Juice Milk	11 Donut or UBR Bar Fruit Juice Milk
14 Pancake on a Stick or UBR Bar Fruit Juice Milk	15 Muffin Cheesestick or Pop Tarts Fruit Juice Milk	16 Yogurt Muffin or UBR Bar Fruit Juice Milk	17 Sausage Biscuit or Pop Tarts Fruit Juice Milk	18 Donut or UBR Bar Fruit Juice Milk
21 Sweet Waffle Sticks Yogurt or UBR Bar Fruit Juice Milk	22 Sausage Biscuit or Pop Tarts Fruit Juice Milk	23 Breakfast Pizza (Egg, Sausage, Cheese, Gravy) or UBR Bar Fruit Juice Milk	24 Pancake on a Stick or Pop Tarts Fruit Juice Milk	25 Donut or UBR Bar Fruit Juice Milk
28 Yogurt Muffin or UBR Bar Fruit Juice Milk	29 Sausage Biscuit or Pop Tarts Fruit Juice Milk	30 Breakfast Taco (Sausage, Egg, Cheese & Tater Tots) or UBR Bar Fruit Juice Milk	1	2

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September 2020 Breakfast Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Waffle with Toppings Scrambled Eggs Cereal Fruit Juice Milk	1 Biscuit and Sausage Gravy Cereal Fruit Juice Milk	2 Banana Split Parfait (Yogurt, Homemade Granola, Banana, Choc Chips, Cherry) Cereal Juice Milk	3 Pancake on a Stick Cereal Fruit Juice Milk	4 Donut Cereal Fruit Juice Milk
7 Labor Day	8 Yogurt Muffin Cereal Fruit Juice Milk	9 Chicken Biscuit Cereal Fruit Juice Milk	10 Breakfast Taco (Egg, Sausage, Cheese, Tater Tots) Cereal Fruit Juice Milk	11 Donut Cereal Fruit Juice Milk
14 Pancake Sausage Patty Cereal Fruit Juice Milk	15 Scrambled Eggs Cinnamon Toast Cereal Fruit Juice Milk	16 Yogurt Muffin Cereal Fruit Juice Milk	17 Biscuit and Sausage Gravy Cereal Fruit Juice Milk	18 Donut Cereal Fruit Juice Milk
21 Waffle Scrambled Eggs Cereal Fruit Juice Milk	22 Sausage Biscuit Cereal Fruit Juice Milk	23 Breakfast Pizza (Egg, Sausage, Cheese, Gravy) Cereal Fruit Juice Milk	24 Pancake on a Stick Cereal Fruit Juice Milk	25 Donut Cereal Fruit Juice Milk
28 Yogurt Muffin Cereal Fruit Juice Milk	29 Biscuit and Sausage Gravy Cereal Fruit Juice Milk	30 Breakfast Scramble (Egg, Sausage, Cheese & Tater Tots) Toast Cereal Fruit Juice Milk	1	2

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September 2020 Lunch Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Cheeseburger Ruffles Baby Carrots Fruit Milk	1 Beef Taco Refried Beans Chips and Salsa Fruit Milk	2 Pineapple Glazed Ham Loaded Mashed Potatoes Dinner Roll Fruit/Milk	3 Pizza Bar Caesar Salad Fruit Milk	4 Baked Potato Bar Popcorn Chicken Green Beans Dinner Roll Fruit Milk
7 Labor Day	8 Country Fried Steak Mashed Potatoes & Gravy Dinner Roll Fruit Milk	9 Pizza Pasta Garden Salad Breadstick Fruit Milk	10 Hot Dog Baked Beans Green Bean Dinner Roll Fruit Milk	11 Corn Dog Mac & Cheese Baby Carrots Chocolate Chip Cookie Fruit Milk
14 Spaghetti with Meat Sauce Breadstick Green Beans Fruit Milk	15 Nacho Bar(Beef Queso, Beans) Chips and Salsa Fruit Milk	16 Scrambled Eggs Sausage Patty Pancake Breakfast Potatoes Fruit Milk	17 Pizza Bar Italian Salad Baby Carrots Fruit Milk	18 Popcorn Chicken Mashed Potatoes & Gravy Dinner Roll Fruit Milk
21 Hot Dog Mac and Cheese Green Beans Fruit Milk	22 Soft Beef Taco Refried Bean Dip Fritos Fruit Milk	23 Breaded Chicken Sandwich Chips Baby Carrots Fruit Milk	24 Chicken Fried Steak Mashed Potatoes and Brown Gravy Dinner Roll Fruit Milk	25 Ham Cheese Sub Marinara Sauce Caesar Salad Fruit Milk
28 Chicken Spaghetti Breadstick Green Beans Fruit Milk	29 Beef Taco Chili Beans Chips & Salsa Fruit Milk	30 Pizza Round Garden Salad Fruit Milk	1	2

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