

January 2021 Grab and Go Breakfast Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Happy New Year
4 Pancake on a Stick Or Pop Tarts Fruit Juice Milk	5 French Toast Sticks Or Ubr Bar Fruit Juice Milk	6 Sausage Biscuit Or Rice Krispie Granola Bar Fruit Juice Milk	7 Breakfast Burrito Or Pop Tarts Fruit Juice Milk	8 Donut Or Ubr Bar Fruit Juice Milk
11 Sweet Waffle Sticks Or Pop Tarts Fruit Juice Milk	12 Muffin Cheese Stick Or Ubr Bar Fruit Juice Milk	13 Sausage Biscuit Or Rice Krispie Granola Bar Fruit Juice Milk	14 Breakfast Taco Or Pop Tarts Fruit Juice Milk	15 Donut Or Ubr Bar Fruit Juice Milk
18 No School	19 Breakfast Taco Or Ubr Bar Fruit Juice Milk	20 Chicken Biscuit Or Rice Krispie Granola Bar Fruit Juice Milk	21 Sausage Biscuit Or Pop Tarts Fruit Juice Milk	22 Donut Or Ubr Bar Fruit Juice Milk
25 Pancake on a Stick Or Pop Tarts Fruit Juice Milk	26 Rice Krispie Granola Bar Or Ubr Bar Fruit Juice Milk	27 Sausage Biscuit Or Rice Krispie Granola Bar Fruit Juice Milk	28 Breakfast Taco Or Pop Tarts Fruit Juice Milk	29 Donut Or Ubr Bar Fruit Juice Milk

January 2021 Breakfast Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Happy New Year
4 Pancake Sausage Patty Cereal Fruit Juice Milk	5 Cinnamon Toast Scrambled Eggs Cereal Fruit Juice Milk	6 Biscuit & Sausage Gravy Cereal Fruit Juice Milk	7 Breakfast Burrito Cereal Fruit Juice Milk	8 Donut Cereal Fruit Juice Milk
11 Waffle Scrambled Eggs Cereal Fruit Juice Milk	12 Muffin Cheese Stick Cereal Fruit Juice Milk	13 Sausage Biscuit Oatmeal Fruit Juice Milk	14 Breakfast Taco Cereal Fruit Juice Milk	15 Donut Cereal Fruit Juice Milk
18 No School	19 Toast Breakfast Scramble Cereal Fruit Juice Milk	20 Biscuit and Sausage Gravy Cereal Fruit Juice Milk	21 Chicken Biscuit Oatmeal Fruit Juice Milk	22 Donut Cereal Fruit Juice Milk
25 Waffles with Toppings Cereal Fruit Juice Milk	26 Toast Scrambled Eggs Cereal Fruit Juice Milk	27 Sausage Biscuit Oatmeal Fruit Juice Milk	28 Breakfast Taco Cereal Fruit Juice Milk	29 Donut Cereal Fruit Juice Milk

January 2021 Lunch Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Happy New Year
4 Popcorn Chicken Mashed Potatoes and Gravy Dinner Roll Fruit Milk	5 Spaghetti with Meat Sauce Garlic Bread stick Green Beans Fruit Milk	6 Nacho Bar (Beef, Queso, Beans, Tortilla Chips) Salsa Fruit Milk	7 Waffles Scrambled Eggs Sausage Breakfast Potatoes Fruit Milk	8 Pizza Bar Caesar Salad Baby Carrots Fruit Milk
11 Pig In a Blanket Mac and Cheese Green Beans Fruit Milk	12 Beef Taco Refried Beans Chips and Salsa Fruit Milk	13 Pineapple Glazed Ham Loaded Mashed Potatoes Dinner Roll Fruit Milk	14 Pizza Round Italian Salad Baby Carrots Fruit Milk	15 Cheeseburger Tater Tots Fruit Milk
18 No School	19 Beef Taco Refried Beans Tortilla Chips and Salsa Fruit Milk	20 Grilled Cheese Sandwich Tomato Soup Garden Salad Ranch Dressing Fruit Milk	21 Sloppy Joe Sandwich French Fries Coleslaw Cookie Fruit Milk	22 Pizza Round Baby Carrots Ranch Dressing Ruffles Fruit Milk
25 Steak Fingers Mashed Potatoes and Gravy Dinner Roll Fruit Milk	26 Taco Soup Mexican Salad Tortilla Chips and Salsa Fruit Milk	27 Popcorn Chicken Baked Potato Bar Green Beans Dinner Roll Fruit Milk	28 Frito Chili Pie Chili Beans Cinnamon Stick Fruit Milk	29 Breaded Chicken Sandwich Baby Carrots Ranch Dressing Fruit Milk