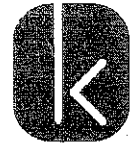


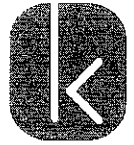
# October 2021 Grab and Go Breakfast Frederick



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <del>Donuts</del> <del>Apple Turnover**</del> Or Ubr Bar Fruit Juice Milk
4 Muffin Yogurt Or Pop Tarts Fruit Juice Milk	5 Sausage Biscuit Or Ubr Bar Fruit Juice Milk	6 Kellogg's Pancake Minis 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 Pancake on a Stick Or Pop Tarts Fruit Juice Milk	12 Breakfast Taco Or Ubr Bar Fruit Juice Milk	13 Sausage Biscuit Or Rice Krispie Granola Bar Fruit Juice Milk	14 Sweet Waffle sticks and Yogurt Or Ubr Bar Fruit Juice Milk	15 No School
18 No School	19 Sausage Biscuit Or Ubr Bar Fruit Juice Milk	20 Waffle and Sausage Patty Or Rice Krispie Granola Bar Fruit Juice Milk	21 Muffin Cheese Stick Or Pop Tarts Fruit Juice Milk	22 Donut Or Ubr Bar Fruit Juice Milk
25 French Toast Sticks Or Pop Tarts Fruit Juice Milk	26 Muffin Yogurt Or Ubr Bar Fruit Juice Milk	27 Sausage Biscuit Or Rice Krispie Granola Bar Fruit Juice Milk	28 Breakfast Burrito Or Pop Tarts Fruit Juice Milk	29 <del>Donuts</del> <del>Glazed Rich's Pancake</del> <del>Bites</del> Or Ubr Bar Fruit Juice Milk

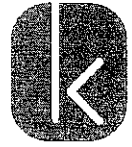
# October 2021 Breakfast Frederick



**KEYSTONE  
FOOD SERVICE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>Donuts</b> Apple Turnover** Cereal Juice Milk
4 Muffin Yogurt Cereal Fruit Juice Milk	5 Biscuit & Sausage Gravy Cereal Fruit Juice Milk	6 Pancakes Cereal Fruit Juice Milk Syrup	7 Toast Scrambled Eggs Cereal Fruit Juice Milk	8 Donut Cereal Fruit Juice Milk
11 Pancake on a Stick Cereal Fruit Juice Milk	12 Toast Breakfast Scramble Cereal Fruit Juice Milk	13 Sausage Biscuit Cereal Fruit Juice Milk	14 Sweet Waffle Sticks Scrambled Eggs Cereal Fruit Juice Milk	15 No School
18 No School	19 Biscuit & Sausage Gravy Cereal Fruit Juice Milk	20 Waffle Sausage Patty Cereal Fruit Juice Milk Syrup	21 Muffin Cheese Stick Cereal Fruit Juice Milk	22 Donut Cereal Fruit Juice Milk
25 French Toast Sticks Cereal Fruit Juice Milk Syrup	26 Oatmeal with Toppings Cereal Fruit Juice Milk	27 Sausage Biscuit Cereal Fruit Juice Milk	28 Cinnamon Toast Scrambled Eggs Cereal Fruit Juice Milk	29 <b>Donuts</b> <del>Glazed Rich's Pancake</del> <del>Bites</del> Cereal Fruit Juice Milk

# October 2021 Lunch Frederick



**KEYSTONE  
FOOD SERVICE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheeseburger Ruffles Baby Carrots with Ranch Fruit Milk
4 Steak Fingers Mashed Potatoes and Gravy Dinner Roll Fruit Milk	5 Pizza Pasta Garlic Breadstick Garden Salad Fruit Milk	6 Beef Soft Taco Refried Beans Chips and Salsa Fruit Milk	7 Glazed Ham Green Beans Dinner Roll Cookie Fruit Milk	8 Breaded Chicken Sandwich Carrots with Ranch Ruffles Fruit Milk
11 Spaghetti Breadstick Green Beans Fruit Milk	12 Beef Nacho Bar (Beef, Queso, Beans) Chips and Salsa Fruit Milk	13 Personal Pizza Carrots with Ranch Caesar Salad Fruit Milk	14 Chicken Fried Steak Mashed Potatoes and Brown Gravy Dinner Roll Fruit Milk	15 No School
18 No School	19 Popcorn Chicken Mashed Potatoes and Gravy Dinner Roll Fruit Milk	20 Cheeseburger Baked Beans Ruffles Fruit Milk	21 Hot Dog Mac and Cheese Green Beans Fruit Milk	22 Personal Pizza Caesar Salad Baby Carrots with Ranch Fruit Milk
25 Waffles Scrambled Eggs Sausage Patty Breakfast Potatoes Fruit Milk	26 Beef Soft Taco Mexican Salad Chips and Salsa Fruit Milk	27 Grilled Cheese Sandwich Tomato Soup Baby Carrots with Ranch Fruit Milk	28 Homemade Chili Chili Beans Dinner Roll Fruit Milk	29 Chicken Sandwich Coleslaw S'More Pudding Fruit Milk