

September 2021 Breakfast Grab n Go



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sausage Patty Toast Or Rice Krispie Granola Bar Fruit Juice	2 Breakfast Taco Or Pop Tarts Fruit Juice Milk	3 Donut Or Ubr Bar Fruit Juice Milk
6 Labor Day	7 French Toast Sticks Or Pop Tart Fruit Juice Milk	8 Breakfast Burrito or Rice Krispie Bar Fruit Juice Milk	9 Sausage Bagel Or Ubr Bar Fruit Juice Milk	10 Donut or Pop Tart Fruit Juice Milk
13 Muffin and Cheese Stick or Pop Tart Fruit Juice Milk	14 Oatmeal Toast Or Ubr Bar Fruit Juice Milk	15 Breakfast Taco or Rice Krispie Bar Fruit Juice Milk	16 Sausage Bagel Or Ubr Bar Fruit Juice Milk	17 Donut or Pop Tart Fruit Juice Milk
20 Sweet Waffle Sticks or Pop Tart Fruit Juice Milk	21 Oatmeal Toast and Or Or Ubr Bar Fruit Juice Milk	22 Breakfast Burrito or Rice Krispie Bar Fruit Juice Milk	23 Pancake on a Stick Or Ubr Bar Fruit Juice Milk	24 French Toast Sticks or Pop Tart Fruit Juice Milk
27 Waffle Sausage Patty or Pop Tart Fruit Juice Milk	28 Sausage Biscuit Or Ubr Bar Fruit Juice Milk	29 Muffin and Yogurt or Rice Krispie Bar Fruit Juice Milk	30 Breakfast Pizza Or Ubr Bar Fruit Juice Milk	1 Apple Turnover** or Pop Tart Fruit Juice Milk

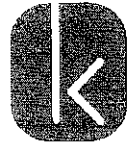
September 2021 Breakfast Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Waffle Sausage Patty Cereal Fruit Juice Milk	2 Breakfast Taco Cereal Fruit Juice Milk	3 Donut Cereal Fruit Juice Milk
6 Labor Day	7 French Toast Sticks Cereal Fruit Juice Milk	8 Breakfast Bowl Toast Cereal Fruit Juice Milk	9 Sausage Bagel Cereal Fruit Juice Milk	10 Donut Cereal Fruit Juice Milk
13 Muffin Cereal Fruit Juice Milk	14 Oatmeal Toast Cereal Juice Milk	15 Toast Scrambled Eggs Cereal Fruit Juice Milk	16 Sausage Bagel Cereal Fruit Juice Milk	17 Donut Cereal Fruit Juice Milk
20 Cinnamon Apple Pancakes** Cereal Juice Milk	21 Oatmeal Toast Cereal Fruit Juice Milk	22 Breakfast Burrito Cereal Fruit Juice Milk	23 Pancake on a Stick Cereal Fruit Juice Milk	24 French Toast Sticks Cereal Fruit Juice Milk
27 Waffle Sausage Patty Cereal Fruit Juice Milk	28 Biscuits and Sausage Gravy Cereal Fruit Juice Milk	29 Cinnamon Toast Scrambled Eggs Cereal Fruit Juice Milk	30 Breakfast Pizza Cereal Fruit Juice Milk	1 Apple Turnover** Cereal Juice Milk

September 2021 Lunch Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Waffles Sausage Scrambled Eggs Breakfast Potatoes Fruit Milk	2 Frito Chili Pie Chili Beans Fruit Milk	3 Breaded Chicken Sandwich Baby Carrots and Ranch Tater Tots Fruit Milk
6 Labor Day	7 Hot Dog Mac and Cheese Green Beans Fruit Milk	8 Chicken Enchiladas Refried Beans Chips and Salsa Fruit Milk	9 Sloppy Joe French Fries Fruit Milk	10 Pizza Bar Caesar Salad Baby Carrots with Ranch Fruit Milk
13 Beef Taco Mexican Salad Chips and Salsa Fruit Milk	14 Chicken Alfredo Green Beans Garlic Knot Fruit Milk	15 Hot Ham and Cheese Sub Baby Carrots with Ranch Fruit Milk	16 BBQ Chicken Baked Potato Corn Dinner Roll Fruit Milk	17 Cheeseburger BBQ Baked Beans Dessert Fruit Milk
20 Spaghetti Carrots Bread Stick Fruit Milk	21 Chicken Nacho Bar (Chicken, Queso, Beans, Chips) Salsa Fruit Milk	22 Chicken Patty Sandwich Coleslaw Ruffles Fruit Milk	23 Chili Cheese Tots** Sticky Bun** Fruit Milk	24 Personal Pizza Italian Salad Fruit Milk
27 Corn Dog Mac and Cheese Green Beans Fruit Milk	28 Beef Taco Refried Beans Chips and Salsa Fruit Milk	29 Spaghetti with Meat Sauce Caesar Salad Garlic Breadstick Fruit Milk	30 Steak Fingers Mashed Potatoes and Brown Gravy Dinner Roll Fruit Milk	1 Cheeseburger Ruffles Baby Carrots with Ranch Fruit Milk