

January 2022 Breakfast Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Yogurt Cinnamon Toast Cereal Fruit Juice Milk	4 Breakfast Taco Cereal Fruit Juice Milk	5 Biscuit & Sausage-Gravy Cereal Fruit Juice Milk	6 Pancake Scrambled Eggs Cereal Fruit Juice Milk	7 Donut Cereal Fruit Juice Milk
10 Oatmeal Sausage Patty Cereal Fruit Juice Milk	11 Scrambled Eggs Toast Cereal Fruit Juice Milk	12 Uncrustable Cereal Fruit Juice Milk	13 Muffin Yogurt Cereal Juice Milk	14 Donut Cereal Fruit Juice Milk
17 No School	18 Breakfast Taco Cereal Fruit Juice Milk	19 Waffles w/ Toppings Syrup Cereal Fruit Juice Milk	20 Cinnamon Toast Scrambled Eggs Cereal Fruit Juice Milk	21 Donut Cereal Fruit Juice Milk
24 Pancake on a Stick Cereal Fruit Juice Milk	25 Breakfast Burrito Cereal Fruit Juice Milk	26 Biscuit & Sausage-Gravy Cereal Fruit Juice Milk	27 Breakfast Scramble Toast Cereal Fruit Juice Milk	28 Donut Cereal Fruit Juice Milk
31 Oatmeal Sausage Patty Cereal Fruit Juice Milk	1 Pancake Scrambled Eggs Syrup Cereal Fruit Juice Milk	2 Yogurt Cinnamon Toast Cereal Fruit Juice Milk	3 Biscuit & Sausage-Gravy Cereal Fruit Juice Milk	4 Donut Cereal Fruit Juice Milk

January 2022 Lunch Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Popcorn Chicken Mashed Potato Gravy Dinner Roll Fruit Milk	4 Grilled Cheese Ruffles Baby Carrots Fruit Milk	5 Beef & Bean Enchiladas Mexican Salad Chips & Salsa Fruit Milk	6 Cheeseburger Mac Garlic Knot Green Beans Fruit Milk	7 Cheeseburger BBQ Baked Beans Cookie Fruit Milk
10 Spaghetti w Meat Sauce Green Beans Garlic Bread Fruit Milk	11 Beef Taco Refried Beans Chips & Salsa Fruit Milk	12 Biscuit & Gravy Scrambled Eggs Sausage Patty Breakfast Potatoes Fruit Milk	13 Glazed Ham Roasted Carrots Dinner Roll Fruit Milk	14 Personal Pizza Caesar Salad Ranch Fruit Milk
17 No School	18 Hot Ham and Cheese Sub Ruffles Baby Carrots w/ Ranch Fruit Milk	19 Frito Chili Pie Chili Beans Fruit Milk	20 Hot Dog Mac N Cheese Green Beans Fruit Milk	21 Breaded Chicken Sandwich French Fries Fruit Milk
24 Pizza Pasta Garlic Bread Green Beans Fruit Milk	25 Chicken & Noodles Roasted Carrots Biscuit Fruit Milk	26 Chili Cheese Coney* Tater Tots Fruit Milk	27 Chicken Nacho Bar (Beef, Queso, Beans) Chips & Salsa Fruit Milk	28 Cheeseburger Garden Salad Cookie Fruit Milk
31 Steak Fingers Mashed Potato Gravy Dinner Roll Fruit Milk	1 Beef Nacho Bar (Beef, Queso, Beans) Chips & Salsa Fruit Milk	2 Spaghetti Green Beans Bread Stick Fruit Milk	3 Grilled Cheese Tomato Soup Baby Carrots Fruit Milk	4 Personal Pizza Marinara Sauce Italian Salad Fruit Milk

**Menu Subject to Change

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER