

May 2022 Grab and Go Breakfast Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pancake on a Stick Or Pop Tarts Fruit Juice Milk	3 Sausage Biscuit Or Muffin Cheese stick Fruit Juice Milk	4 Muffin Yogurt Or Pop Tarts Fruit Juice Milk	5 Donut Or Muffin Fruit Juice Milk	6 No School
9 Pancake on a Stick Or Pop Tarts Fruit Juice Milk	10 Sweet Waffle Sticks Or Muffin Cheese Stick Fruit Juice Milk	11 Ham and Cheese Biscuit Or Pop Tarts Fruit Juice Milk	12 Donut Or Muffin Fruit Juice Milk	13 No School
16 Breakfast Taco Or Pop Tarts Fruit Juice Milk	17 Sausage Biscuit Or Muffin Cheese Stick Fruit Juice Milk	18 Muffin Yogurt Or Pop Tarts Fruit Juice Milk	19 Donut Or Pop Tarts Fruit Juice Milk	20 No School
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School			

May 2022 Breakfast Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pancakes Cereal Syrup Fruit Juice Milk	3 Biscuit and Sausage Gravy Cereal Fruit Juice Milk	4 Muffin Yogurt Cereal Fruit Juice Milk	5 Donut Cereal Fruit Juice Milk	6 No School
9 Pancake Sausage Patty Cereal Fruit Juice Milk	10 Waffles with Toppings Cereal Fruit Juice Milk	11 Sausage and Cheese Biscuit Cereal Fruit Juice Milk	12 Donut Cereal Fruit Juice Milk	13 No School
16 Breakfast Taco Cereal Fruit Juice Milk	17 Biscuit and Sausage Gravy Cereal Fruit Juice Milk	18 Cinnamon Toast Sausage Patty Cereal Fruit Juice Milk	19 Donut Cereal Fruit Juice Milk	20 No School
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School			

May 2022 Lunch Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti with Meat sauce Green Beans Garlic Breadstick Fruit Milk	3 Frito Chili Pie Garden Salad Fruit Milk	4 Nacho Bar Beef, Beans, Queso Chips and Salsa Fruit Milk	5 Cheeseburger French Fries Baby Carrots wth Ranch Fruit Milk	6 No School
9 Popcorn Chicken Mashed Potatoes and Gravy Dinner Roll Fruit Milk	10 Beef Taco Refried Beans Chips and Salsa Fruit Milk	11 Ham and Cheese Melt Baby Carrots wth Ranch Ruffles Fruit Milk	12 Pizza Green Beans Italian Salad Iced Sugar Cookie Fruit Milk	13 No School
16 Hot Dog Mac and Cheese Green beans Fruit Milk	17 Spaghetti Breadstick Caesar Salad Baby Carrots wth Ranch Fruit Milk	18 Beef Taco Refried Beans Chips and Salsa Fruit Milk	19 Chicken Strips Loaded Mashed Potatoes Dinner Roll Fruit Milk	20 No School
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School			