

August 2022 Grab and Go Breakfast Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11 Sausage Biscuit Or Pop Tarts Fruit Juice Milk	12 Donut Or UBR Bar Fruit Juice Milk
15 Muffin Cheese Stick Or Pop Tarts Fruit Juice Milk	16 Sausage Biscuit Or UBR Bar Fruit Juice Milk	17 Breakfast Burrito Or Rice Krispie Granola Bar Fruit Juice Milk	18 Toast Yogurt Or Pop Tarts Fruit Juice Milk	19 Cinnamon Roll Or UBR Bar Fruit Juice Milk
22 Pancake on a Stick Or Pop Tarts Fruit Juice Milk	23 Breakfast Taco Or UBR Bar Fruit Juice Milk	24 Muffin Cheese Stick Or Rice Krispie Granola Bar Fruit Juice Milk	25 Sausage Biscuit Or Pop Tarts Fruit Juice Milk	26 Donut Or UBR Bar Fruit Juice Milk
29 Sausage Biscuit Or Pop Tarts Fruit Juice Milk	30 Pancake on a Stick Or UBR Bar Fruit Juice Milk	31 Sweet Waffle Sticks Or Rice Krispie Granola Bar Fruit Juice Milk	1 Breakfast Burrito Or Pop Tarts Fruit Juice Milk	2 Cinnamon Roll Or UBR Bar Fruit Juice Milk

August 2022 Breakfast Frederick



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FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11 Sausage Biscuit Cereal Fruit Juice Milk	12 Donut Cereal Fruit Juice Milk
15 Pancake Sausage Patty Cereal Fruit Juice Milk	16 Cinnamon Toast Yogurt Cereal Fruit Juice Milk	17 Biscuit and Gravy Cereal Fruit Juice Milk	18 Toast Scrambled Egg Cereal Fruit Juice Milk	19 Cinnamon Roll Cereal Fruit Juice Milk
22 Pancake on a Stick Cereal Fruit Juice Milk	23 Toast Breakfast Scramble Cereal Fruit Juice Milk	24 Oatmeal Sausage Patty Cereal Fruit Juice Milk	25 Biscuit and Gravy Cereal Fruit Juice Milk	26 Donut Cereal Fruit Juice Milk
29 Sausage Biscuit Cereal Fruit Juice Milk	30 Toast Scrambled Eggs Cereal Fruit Juice Milk	31 Waffles Cereal Fruit Juice Milk	1 Breakfast Burrito Cereal Fruit Juice Milk	2 Cinnamon Roll Cereal Fruit Juice Milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

August 2022 Lunch Frederick



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11 Beef Taco Refried Beans Chips & Salsa Fruit Milk	12 Personal Pizza Italian Salad Fruit Milk
15 Hot Dog Mac & Cheese Green Beans Fruit Milk	16 Beef Nacho Bar Refried Beans Chips & Salsa Fruit Milk	17 Spaghetti Bread Stick Caesar Salad Fruit Milk	18 Chicken Sandwich French Fries Fruit Milk	19 Pizza Bar Baby Carrots Fruit Milk
22 Spaghetti w/Meat Sauce Bread Stick Glazed Carrots Fruit Milk	23 Popcorn Chicken Green Beans Dinner Roll Fruit Milk	24 Pancakes Sausage Scrambled Eggs Breakfast Potatoes Fruit Milk	25 Beef Taco Mexican Salad Chips & Salsa Fruit Milk	26 Cheeseburger Baked Beans Frozen Pop Fruit Milk
29 Pizza Pasta Garlic Knot Green Beans Fruit Milk	30 Beef Nacho Bar Mexican Salad Fruit Milk	31 Pull Pork Baked Beans Dinner Roll Fruit Milk	1 Frito Chili Pie Chili Beans Baby Carrot/WRanch Fruit Milk	2 Breaded Chicken Sandwich French Fries Fruit Milk

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