

August 2018 Breakfast



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9 Biscuit 1 each Gravy 2oz Jelly 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	10 Donut 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz
13 Waffle (2) Toppings 1oz each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	14 Toast 1 slice Scrambled Eggs 2oz Jelly 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	15 Yogurt Parfait 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	16 Biscuit breakfast Sandwich 1 each (Sausage and Cheese) Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	17 Cinnamon Roll 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz
20 Breakfast Taco 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	21 Pancake on a Stick 1 Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	22 Cinnamon Toast 1 slice Yogurt 4oz Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	23 Biscuit 1 each Gravy 2oz Jelly 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	24 Donut 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz
27 Sweet Waffle Sticks 3 Scrambled Eggs 2oz Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	28 Biscuit 1 each Gravy 2oz Jelly 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	29 Muffin 1 each Yogurt 4oz Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	30 Toast 1 slice Jelly 1 each Scrambled Eggs 2oz Hashbrown 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	31 French Toast Sticks 3 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz

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*With offer vs serve students only have to take 1/2 Cup fruit or vegetable, but k-8 can have up to 3/4C vegetable and 9-12 grades can have up to 1 Cup fruit or veg		1	2	3
6	7	8	9 Loaded Baked Potato 1each BBQ Pulled Pork 2oz Dinner Roll 1 each Fruit k-8 1/2C, 9-12 1C Milk 8oz	10 Chicken Sandwich 1each Sweet Pot Fries k-8 3/4C, 9-12 1C Fruit k-8 1/2C, 9-12 1C Milk 8oz
13 Corn Dog 1 each Mac and Cheese 1/2C Green Beans k-8 3/4C, 9-12 1C Fruit k-8 1/2C, 9-12 1C Milk 8oz	14 Philly Joe 1 each Tater Tots k-8 3/4C, 9-12 1C Fruit k-8 1/2C, 9-12 1C Milk 8oz	15 Popcorn Chicken 10 each Mashed Potatoes k-8 3/4C, 9-12 1C Gravy 2oz Dinner Roll 1 each Fruit k-8 1/2C, 9-12 1C Milk 8oz	16 Pork Loin 2oz Roasted Carrots k-8 3/4C, 9-12 1 1/2 Cup Garden Salad 1 cup Dinner Roll 1 each Fruit k-8 1/2 C, 9-12 1C Milk 8oz	17 Cheeseburger 1 each BBQ Beans k-8 3/4C, 9-12 1C Fruit k-8 1/2C, 9-12 1C Milk 8oz
20 Pizza Pasta 6oz Breadstick 1 each Green Beans k-8 3/4C, 9-12 1C Fruit k-8 1/2C, 9-12 1C Milk 8oz	21 Sour Cream Chicken Enchiladas 1 each Refried Beans 1/2C Chips k-8 1oz, 9-12 2oz Salsa k-8 1/4C, 9-12 1/2C Fruit k-8 1/2C, 9-12 1C Milk 8oz	22 Chili 6oz Fritos k-8 1oz, 9-12 2oz Carrots k-8 3/4C, 9-12 1C Cinnamon Stick 1 each Fruit k-8 1/2C, 9-12 1C	23 Pizza Bar k-8 1 slice per recipe, 9-12 1 slice per recipe Caesar Salad k-8 1 1/2C, 9-12 2 Cup Fruit k-8 1/2C, 9-12 1C Milk 8oz	24 Hot Dog 1each French Fries k-8 3/4C, 9-12 1C Fruit k-8 1/2C, 9-12 1C Milk 8oz
27 Meatball Sub 1 each Carrot Sticks k-8 3/4C, 9-12 1C Ruffles 1oz Fruit k-8 1/2C, 9-12 1C Milk 8oz	28 Chicken Wrap k-8 1/2 each, 9-12 1 each Cucumber Salad k-8 3/4C, 9-12 1C Cookie 1 each Fruit k-8 1/2C, 9-12 1C Milk 8oz	29 Cheeseburger 1 each Garden Salad 1 cup Tater Tots k-8 1/4C, 9-12 1/2C Fruit k-8 1/2C, 9-12 1C Milk 8oz	30 Nacho Bar (Chicken 2oz, Queso 1oz, Chips k-8 1oz, 9-12 2oz, Beans 1/2C) Salsa k-8 1/4C, 9-12 1/2C Fruit k-8 1/2C, 9-12 1C Milk 8oz	31 Waffles 1 each Scrambled Eggs 2oz Sausage Patty 1 each Breakfast potatoes k-8 3/4C, 9-12 1C Fruit k-8 1/2C, 9-12 1C Milk 8oz