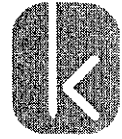


# September 2018 Breakfast



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Labor Day	4 Chicken Biscuit 1 each Jelly 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	5 Yogurt Parfait 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	6 Breakfast pizza flatbread 1 slice Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	7 Cinnamon Roll 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz
10 Pancake on a Stick 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	11 Biscuit 1 each Gravy 2oz Jelly 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	12 Toast 1 slice Jelly 1 each Scrambled Eggs 2oz Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	13 Donut 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	14
17 Breakfast Quesadilla 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	18 Muffin 1 each Yogurt 4oz Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	19 Biscuit 1 each Gravy 2oz Jelly 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	20 Scrambled Eggs 2oz Toast 1 slice Jelly 1 Hashbrown 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	21 Cinnamon Roll 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz
24 French toast sticks 3 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	25 Breakfast Taco 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	26 Cinnamon Toast 1 slice Scrambled Eggs 2oz Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	27 Waffles (2) Toppings 1oz Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz	28 Biscuit 1each Gravy 2oz Jelly 1 each Cereal 1oz Fruit 1/2 Cup Juice 4oz Milk 8oz

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# September 2018 Lunch



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***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</p>				
<p>3 Labor Day</p>	<p>4 Spaghetti noodles 4 oz Meat Sauce 4oz Green Beans k-8 3/4C, 9-12 1C Garlic Knot 1 each Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>	<p>5 BBQ Chicken 2oz Loaded Mashed k-8 3/4c, 9-12 1C Dinner Roll 1 each Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>	<p>6 Pulled Pork Sand 1 each BBQ Baked Beans k-8 3/4C, 9-12 1C Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>	<p>7 Pizza see recipes k-8 1 slice recipe, 9-12 1 slice see recipe Italian Salad 1 Cup Carrot Sticks k-8 3/4C, 9-12 1 1/4C Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>
<p>10 Country Fried Steak 1 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</p>	<p>11 Ham/Cheese Sub 1 each Garden Salad 1 Cup Carrot Sticks k-8 1/2C, 9-12 3/4C Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>	<p>12 Lasagna 1 serving Green Beans k-8 3/4C, 9-12 1C Breadstick 1 each Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>	<p>13 Chicken Fajitas 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</p>	<p>14 Cheeseburger 1 each Tater Tots k-8 3/4C, 9-12 1C Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>
<p>17 Pig in a Blanket 1 each Mac and Cheese 1/2 Cup Green Beans k-8 3/4C, 9-12 1C Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>	<p>18 Beef Enchilada 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</p>	<p>19 BBQ Mini Meatloaf* 1 each Mashed Potatoes k-8 3/4C, 9-12 1C Brown Gravy 2oz Dinner Roll 1 each Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>	<p>20 Santa Fe Chicken Wrap k-8 1/2 wrap, 9-12 1 wrap Carrot Sticks k-8 3/4C, 9-12 1C Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>	<p>21 Stromboli 1 serving Marinara k-8 1/4C, 9-12 1/2C Caesar Salad 1 Cup Rice Krispy Treat 1 each Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>
<p>24 BBQ Meatball Sub*1 each Garden Salad k-8 1 1/4 C, 9-12 2C Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>	<p>25 Chicken Alfredo 6oz Green Beans k-8 3/4C, 9-12 1C Breadstick 1 each Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>	<p>26 Glazed Ham k-8 1.2oz 9-12 2.4oz Roasted Carrots k-8 3/4C, 9-12 1.25C Corn k-8 1/4C, 9-12 1/2c Dinner Roll 1 each Fruit k-8 1/2c, 9-12 1C</p>	<p>27 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</p>	<p>28 Cheeseburger 1 each BBQ Baked Beans k-8 3/4C, 9-12 1C Fruit k-8 1/2c, 9-12 1C Milk 8oz</p>

\*Indicates new menu item

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