October 2019 Breakfast
Elmore City-Pernell Public Schools

KEYSTONE FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pancake on a Stick Cereal Fruit Juice Milk	2 Biscuit and Gravy Cereal Fruit Juice Milk	3 Kolache Cereal Fruit Juice Milk	4 Muffin Yogurt Cereal Fruit Juice Milk
7 Pancake Sausage Patty Cereal Fruit Juice Milk	8 Toast Scrambled Eggs Cereal Fruit Juice Milk	9 Donut Holes Cereal Fruit Juice Milk	10 Breakfast Taco Cereal Fruit Juice Milk	11 Biscuit and gravy Cereal Fruit Juice Milk
14 Cinnamon Roll Cereal Fruit Juice Milk	15 Yogurt Parfait Cereal Fruit Juice Milk	16 Sweet Waffle Sticks Cereal Fruit Juice Milk	17 No School	18 No School
21 No School	22 Pancake on a Stick Cereal Fruit Juice Milk	23 Blueberry Muffin Yogurt Cereal Fruit Juice Milk	24 Toast Breakfast Scramble Cereal Fruit Juice Milk	25 Biscuit and Gravy Cereal Fruit Juice Milk
28 Pancake (1) Sausage Patty Cereal Fruit Juice Milk	29 Cinnamon Toast Scrambled Eggs Cereal Fruit Juice Milk	30 Donut Cereal Fruit Juice Milk	31 Breakfast Burrito Cereal Fruit Juice Milk	

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

October 2019 Breakfast Grab and Go
Elmore City-Pernell Public Schools

KEYSTONE FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pancake on a Stick Or UBR Bar Fruit Juice Milk	2 Sausage Biscuit Or Pop Tarts Fruit Juice Milk	3 Kolache Or UBR Bar Fruit Juice Milk	4 Muffin Yogurt Or Pop Tarts Fruit Juice Milk
7 Muffin and Cheese Stick Or UBR Bar Fruit Juice Milk	8 Kolache Or Pop Tarts Fruit Juice Milk	9 Donut Holes Or Pop Tarts Fruit Juice Milk	10 Breakfast Taco Or UBR Bar Fruit Juice Milk	11 Ham and Cheese Biscuit Or Pop Tarts Fruit Juice Milk
14 Cinnamon Roll Or Pop Tarts Fruit Juice Milk	15 Yogurt Parfait Or UBR Bar Fruit Juice Milk	16 Sweet Waffle Sticks Cereal Fruit Juice Milk	17 No School	18 No School
21 No School	22 Pancake on a Stick Or UBR Bar Fruit Juice Milk	23 Blueberry Muffin Yogurt Or Pop Tarts Fruit Juice Milk	24 Breakfast Burrito Or UBR Bar Fruit Juice Milk	25 Sausage Biscuit Or Pop Tarts Fruit Juice Milk
28 Muffin and Cheese Stick Or UBR Bar Fruit Juice Milk	29 Kolache Or Pop Tarts Fruit Juice Milk	30 Donut Or Pop Tarts Fruit Juice Milk	31 Breakfast Burrito Or UBR Bar Fruit Juice Milk	

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October 2019 Lunch
Elmore City-Pernell Public Schools

KEYSTONE FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Hamburger Steak Mashed Potatoes and Gravy Dinner Roll Fruit Milk Salad Bar	2 Homemade Chicken Burrito Refried Beans Chips and Salsa Fruit Milk Salad Bar	3 Pizza Round Garden Salad Baby Carrots Fruit Milk Salad Bar	4 BBQ Beef Sandwich Tater Tots Fruit Milk Salad Bar
7 Hot Dog Baked Beans Coleslaw Fruit Milk Salad Bar	8 Chicken Fajitas Mexican Salad Chips and Salsa Fruit Milk Salad Bar	9 Frito Chili Pie Chili Beans Fruit Milk Salad Bar	10 Chicken Pita* Ruffles Baby Carrots Fruit Milk Salad Bar	11 Cheeseburger Tater Tots Fruit Milk Salad Bar
14 Country Fried Steak Mashed Potatoes and Gravy Dinner Roll Fruit Milk Salad Bar	15 Chicken Taquitos Refried Beans Chips and Salsa Fruit Milk Salad Bar	16 Calzone Caesar Salad Fruit Milk Salad Bar	17 No School	18 No School
21 No School	22 Biscuit and Gravy Sausage Patty Scrambled Eggs Breakfast Potatoes Fruit Milk Salad Bar	23 BBQ Pork Loin Baked Beans Corn Dinner Roll Fruit Milk Salad Bar	24 Pizza Pasta Breadstick Green Beans Fruit Milk Salad Bar	25 Breaded Chicken Sandwich Italian Salad Fruit Milk Salad Bar
28 Spaghetti with Meat Sauce Garlic Knot Green Beans Fruit Milk Salad Bar	29 Pineapple Glazed Ham Roasted Carrots Loaded Mashed Potatoes Dinner Roll Fruit Milk Salad Bar	30 Nacho Bar (Beef, Queso, Beans, Chips) Salsa Fruit Milk Salad Bar	31 Cheeseburger French Fries Dirt Cake Fruit Milk Salad Bar	1 Pizza Bar Caesar Salad Fruit Milk Salad Bar

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