

LeFlore October 2019 Grab & Go Breakfast



**KEYSTONE
FOOD SERVICE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sausage Biscuit Jelly Fruit Milk Juice	2 PB&J Fruit Milk Juice	3 Muffin Cheese Stick Fruit Milk Juice	4
7 Pancake on a Stick Fruit Milk Juice	8 Sausage Biscuit Jelly Fruit Milk Juice	9 PB&J Fruit Milk Juice	10 Muffin Cheese Stick Fruit Milk Juice	11
14 Pancake on a Stick Fruit Milk Juice	15 Sausage Biscuit Jelly Fruit Milk Juice	16 PB&J Fruit Milk Juice	17 Muffin Cheese Stick Fruit Milk Juice	18
21 Pancake on a Stick Fruit Milk Juice	22 Sausage Biscuit Jelly Fruit Milk Juice	23 PB&J Fruit Milk Juice	24 Muffin Cheese Stick Fruit Milk Juice	25
28	29	30	31	

October 2019 Lunch 4day/week



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Hamburger Steak Mashed Potatoes and Gravy Dinner Roll Fruit Milk Salad Bar	2 Pizza Round Garden Salad Baby Carrots Fruit Milk Salad Bar	3 Homemade Chicken Burrito Refried Beans Chips and Salsa Fruit Milk Salad Bar	4
7 Hot Dog Baked Beans Coleslaw Fruit Milk Salad Bar	8 Frito Chili Pie Chili Beans Fruit Milk Salad Bar	9 Chicken Fajitas Mexican Salad Chips and Salsa Fruit Milk Salad Bar	10 Cheeseburger Tater Tots Baby Carrots Fruit Milk Salad Bar	11
14 Country Fried Steak Mashed Potatoes and Gravy Green Beans Dinner Roll Fruit Milk Salad Bar	15 Chicken Taquitos Refried Beans Chips and Salsa Fruit Milk Salad Bar	16 Baked Potato Bar Baby Carrots Pulled Pork Dinner Roll Fruit Milk Salad Bar	17 Calzone Caesar Salad Fruit Milk Salad Bar	18
21 Breaded Chicken Sandwich Italian Salad Baby Carrots Fruit Milk Salad Bar	22 Biscuit and Gravy Sausage Patty Scrambled Eggs Breakfast Potatoes Fruit Milk Salad Bar	23 BBQ Chicken Breast Baked Beans Corn Dinner Roll Fruit Milk Salad Bar	24 Pizza Pasta Breadstick Green Beans Fruit Milk Salad Bar	25
28 Spaghetti with Meat Sauce Garlic Knot Caesar Salad 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