

# September 2022 Breakfast



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast Burrito Or Cereal & Toast Fresh Apple Juice Milk	2 Fruit Turnover Or Cereal & Toast Oranges Juice Milk
5	6 Pancakes Or Cereal & Toast Applesauce Juice Milk	7 Toast Scrambled Eggs Or Cereal & Toast Fruit Juice Milk	8 Biscuits and Gravy Or Cereal & Toast Peaches Juice Milk	9 Donut Or Cereal & Toast Fresh Apple Juice Milk
12 Cinnamon Toast Sausage Patty Or Cereal & Toast Applesauce Juice Milk	13 Breakfast Burrito Or Cereal & Toast Fruit Juice Milk	14 Biscuits and Gravy Or Cereal & Toast Peaches Juice Milk	15 Cinnamon Roll Or Cereal & Toast Fresh Apple Juice Milk	16 Scrambled Eggs Toast Or Cereal & Toast Oranges Juice Milk
19 Donut Or Cereal & Toast Applesauce Juice Milk	20 Breakfast Calzone Or Cereal & Toast Fruit Juice Milk	21 Biscuit and Gravy Or Cereal & Toast Peaches Juice Milk	22 Toast Scrambled Eggs Or Cereal & Toast Fresh Apple Juice Milk	23 Oatmeal Sausage Patty Or Cereal & Toast Oranges Juice Milk
26 Toast Scrambled Eggs Or Cereal & Toast Applesauce Juice Milk	27 Cinnamon Roll Or Cereal & Toast Fruit Juice Milk	28 Biscuit and Gravy Or Cereal & Toast Peaches Juice Milk	29 Breakfast Burrito Or Cereal & Toast Fresh Apple Juice Milk	30 Donut Or Cereal & Toast Oranges Juice Milk

# September 2022 Lunch

## North Rock Creek Elem. & Inter. Schools



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* 2nd option only for 3-6 grades.			1 Frito Chili Pie Baby Carrots with Ranch Side Salad Fruit/Milk Chef Salad/Roll	2 Breaded Chicken Sandwich or Spicy Chicken Sand French Fry Side Salad Fruit/Milk Chef Salad/Roll
5 Labor Day	6 Hot Dog Seasoned Potatoes Baby Carrots Fresh Apple Milk Chef Salad/Roll	7 Chicken Spaghetti Breadstick Green Beans Side Salad Oranges Milk Chef Salad/Roll	8 Mexican Pizza Mexican Salad Chili Beans Peaches Milk Chef Salad/Roll	9 Personal Pizza Baby Carrots and Cucumber slices with Ranch Applesauce Milk Chef Salad/Roll
12 Pig In a Blanket Mac and Cheese Garden Salad Baby Carrots Peaches Milk Chef Salad/Roll	13 Grilled Cheese Homemade Tomato Soup Side Salad Fresh Apple Milk Chef Salad/Roll	14 Pulled Pork Sandwich Coleslaw Side Salad Oranges Milk Chef Salad/Roll	15 Beef Taco Refried Beans Chips and Salsa Peaches Milk Chef Salad/Roll	16 Cheeseburger French Fries Cucumber Slices Applesauce Milk Chef Salad/Roll
19 Cheeseburger Mac Breadstick Green beans Side Salad Peaches Milk Chef Salad/Roll	20 Beef or Chicken Burrito Bowl (Beef, Queso, Rice) Chili Beans Chips and Salsa Fresh Apple Milk Chef Salad/Roll	21 Hot Italian Melt Caesar Salad Baby Carrots Oranges Milk Chef Salad/Roll	22 Corn Dog Seasoned Potatoes Side Salad Peaches Milk Chef Salad/Roll	23 Pizza Bar Baby Carrots with Ranch Cucumber Slices Applesauce Milk Chef Salad/Roll
26 Spaghetti with Meat Sauce Breadstick Green beans Side Salad Peaches Milk Chef Salad/Roll	27 Waffles Sausage Patty Scrambled Eggs Breakfast Potatoes Baby Carrots Fresh Apple Milk Chef Salad/Roll	28 Pork Carnita Taco Refried Beans Chips and Salsa Oranges Milk Chef Salad/Roll	29 Cheeseburger or Ham & Cheese Pocket Garden Salad Cucumber Slices Peaches Milk Chef Salad/Roll	30 Breaded Chicken Sandwich Baby Carrots with Ranch Side Salad Applesauce Milk Chef Salad/Roll

# September 2022 Lunch Secondary Schools



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Frito Chili Pie Baby Carrots with Ranch Side Salad Fruit Milk	2 Breaded Chicken Sandwich or Spicy Chicken Sand French Fry Side Salad Fruit Milk
5 Labor Day	6 Hot Dog Seasoned Potatoes Baby Carrots Fresh Apple Milk	7 Chicken Spaghetti Breadstick Green Beans Side Salad Oranges Milk	8 Mexican Pizza Mexican Salad Chili Beans Peaches Milk	9 Personal Pizza Baby Carrots and Cucumber slices with Ranch Applesauce Milk
12 Pig In a Blanket Mac and Cheese Garden Salad Baby Carrots Peaches Milk	13 Grilled Cheese Homemade Tomato Soup Side Salad Fresh Apple Milk	14 Pulled Pork Sandwich Coleslaw Side Salad Oranges Milk	15 Beef or Chicken Taco Refried Beans Chips and Salsa Peaches Milk	16 Cheeseburger French Fries Cucumber Slices Applesauce Milk
19 Cheeseburger Mac Breadstick Green beans Side Salad Peaches Milk	20 Beef or Chicken Burrito Bowl (Beef, Queso, Rice) Chili Beans Chips and Salsa Fresh Apple Milk	21 Hot Italian Melt Caesar Salad Baby Carrots Oranges Milk	22 Corn Dog Seasoned Potatoes Side Salad Peaches Milk	23 Pizza Bar Baby Carrots with Ranch Cucumber Slices Applesauce Milk
26 Spaghetti with Meat Sauce Breadstick Green beans Side Salad Peaches Milk	27 Waffles Sausage Patty Scrambled Eggs Breakfast Potatoes Baby Carrots Fresh Apple Milk	28 Pork Carnita Taco Refried Beans Chips and Salsa Oranges Milk	29 Cheeseburger or Ham & Cheese Pocket Garden Salad Cucumber Slices Peaches Milk	30 Breaded Chicken Sandwich Baby Carrots with Ranch Side Salad Applesauce Milk