

October 2022 Breakfast



KEYSTONE
FOOD SERVICE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 3 Pancakes Or Cereal Toast Applesauce Juice Milk | 4 Toast Scrambled Eggs Or Cereal Toast Fruit/Juice Milk | 5 Biscuit and Gravy Or Cereal Toast Peaches Juice Milk | 6 Breakfast Burrito Or Cereal Toast Fresh Apple Juice Milk | 7 Cinnamon Roll Or Cereal Toast Oranges Juice Milk |
| 10 Cinnamon Toast Sausage Patty Or Cereal Toast Applesauce Juice Milk | 11 Apple Cinnamon Oatmeal Toast Or Cereal Toast Fruit/Juice Milk | 12 Fall Break | 13 Fall Break | 14 Fall Break |
| 17 Waffles Or Cereal Toast Applesauce Juice Milk | 18 Cinnamon Toast Yogurt Or Cereal Toast Fruit Juice Milk | 19 Biscuit and Gravy Or Cereal Toast Peaches Juice Milk | 21 Breakfast Calzone Or Cereal Toast Fresh Apple Juice Milk | 22 Cinnamon Roll Or Cereal Toast Oranges Juice Milk |
| 24 Apple Cinnamon Oatmeal Sausage Patty Or Cereal Toast Applesauce Juice/Milk | 25 Toast Scrambled Eggs Or Cereal Toast Fruit Juice Milk | 26 Biscuit and Gravy Or Cereal Toast Peaches Juice Milk | 27 Breakfast Burrito Or Cereal Toast Fresh Apple Juice Milk | 28 Donut Or Cereal Toast Oranges Juice Milk |
| 31 Pancakes Or Cereal Toast Applesauce Juice Milk | | | | |

October 2022 Lunch Secondary Schools



KEYSTONE
FOOD SERVICE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 3 Pizza Pasta Garlic Knot Green Beans Side Salad Peaches Milk | 4 Beef Nacho Bar Chili Beans Apples Milk | 5 Hot Dog French Fries Side Salad Applesauce Milk | 6 Cheeseburger Coleslaw Baby Carrots Peaches Milk | 7 Chicken Spaghetti Breadstick Italian Salad Baby Carrots Fruit Milk |
| 10 Popcorn Chicken Mac&Cheese Green Beans Side Salad Peaches Milk | 11 Beef Taco Refried Beans Chips and Salsa Apples Milk | 12 Fall Break | 13 Fall Break | 14 Fall Break |
| 17 Corn Dog Seasoned Potatoes Side Salad Peaches Milk | 18 Ham and Cheese melt Baby Carrots Cucumber Slices Side Salad Apples Milk | 19 Pulled Pork Sandwich Green Beans Side Salad Fruit Milk | 20 Deli Wrap Garden Salad Baby Carrots Peaches Milk | 21 Breaded Chicken Sandwich Baked Beans Coleslaw Applesauce Milk |
| 24 Spaghetti and Meat Sauce Breadstick Green beans Side Salad Peaches Milk | 25 Taco Soup Chili Beans Chips & Salsa Apples Milk | 26 Ham Pocket Garden Salad Baby Carrots Fruit Milk | 27 Pulled Pork Loaded Baked Potato Dinner Roll Side Salad Peaches Milk | 28 Pizza Bar Baby Carrots Cucumber Slices Ranch dressing Applesauce Milk |
| 31 Biscuits & Gravy Sausage Patty Scrambled Eggs Breakfast Potatoes Baby Carrots Peaches Milk | 1 | 2 | 3 | 4 |

October 2022 Lunch

North Rock Creek Elem. & Inter. Schools



KEYSTONE
FOOD SERVICE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 3 Pizza Pasta Garlic Knot Green Beans Side Salad Peaches Milk Chef Salad/Dinner Roll | 4 Chicken Nacho Bar Chili Beans Apples Milk Chef Salad/Dinner Roll | 5 Hot Dog French Fries Side Salad Applesauce Milk Chef Salad/Dinner Roll | 6 Cheeseburger Coleslaw Baby Carrots Peaches Milk Chef Salad/Dinner Roll | 7 Chicken Spaghetti Breadstick Italian Salad Baby Carrots Fruit Milk Chef Salad/Dinner Roll |
| 10 Popcorn Chicken Mac&Cheese Green Beans Side Salad Peaches Milk Chef Salad/Dinner Roll | 11 Beef Taco Refried Beans Chips and Salsa Apples Milk Chef Salad/Dinner Roll | 12 Fall Break | 13 Fall Break | 14 Fall Break |
| 17 Corn Dog Seasoned Potatoes Side Salad Peaches Milk Chef Salad/Dinner Roll | 18 Ham and Cheese melt Baby Carrots Cucumber Slices Apples Milk Chef Salad/Dinner Roll | 19 Pulled Pork Sandwich Green Beans Side Salad Fruit Milk Chef Salad/Dinner Roll | 20 Deli wrap Garden Salad Baby Carrots Peaches Milk Chef Salad/Dinner Roll | 21 Breaded Chicken Sandwich Baked Beans Coleslaw Applesauce Milk Chef Salad/Dinner Roll |
| 24 Spaghetti and Meat Sauce Breadstick Green beans Side Salad Peaches Milk Chef Salad/Dinner Roll | 25 Taco Soup Chili Beans Chips & Salsa Apples Milk Chef Salad/Dinner Roll | 26 Ham Pocket Garden Salad Baby Carrots Fruit Milk Chef Salad/Dinner Roll | 27 Pulled Pork Loaded Baked Potato Dinner Roll Side Salad Peaches Milk Chef Salad/Dinner Roll | 28 Pizza Bar Baby Carrots Cucumber Slices Ranch dressing Applesauce Milk Chef Salad/Dinner Roll |
| 31 Biscuits & Gravy Sausage Patty Scrambled Eggs Breakfast Potatoes Baby Carrots Peaches Milk Chef Salad/Dinner Roll | 1 | 2 | 3 | 4 |