

January 2023 Breakfast



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Biscuit & Gravy Or Cereal/Toast Peaches/Juice Milk	5 Cinnamon Toast & Yogurt Or Cereal/Toast Apple/Juice Milk	6 Donut Or Cereal/Toast Fruit/Juice Milk
9 Pancakes w/Syrup Or Cereal/Toast Applesauce/Juice Milk	10 Toast & Scrambled Eggs Or Cereal/Toast Fruit/Juice Milk	11 Biscuit & Gravy Or Cereal/Toast Peaches/Juice Milk	12 Cereal Toast Apple/Juice Milk	13 Cinnamon Roll Or Cereal/Toast Fruit/Juice Milk
16 Oatmeal/Toast Or Cereal/Toast Applesauce/Juice Milk	17 Muffin Or Cereal/Toast Fruit/Juice Milk	18 Biscuit & Gravy Or Cereal/Toast Peaches/Juice Milk	19 Cinnamon Toast & Yogurt Or Cereal/Toast Apple/Juice Milk	20 Donut Or Cereal/Toast Fruit/Juice Milk
23 Waffles w/Syrup Or Cereal/Toast Applesauce/Juice Milk	24 Toast & Sausage Patty Or Cereal/Toast Fruit/Juice Milk	25 Biscuit & Gravy Or Cereal/Toast Peaches/Juice Milk	26 Cereal Toast Apple/Juice Milk	27 Cinnamon Roll Or Cereal/Toast Fruit/Juice Milk
30 Oatmeal/Toast Or Cereal/Toast Applesauce/Juice Milk	31` Toast & Scrambled Eggs Or Cereal/Toast Fruit/Juice Milk	1 Biscuit & Gravy Or Cereal/Toast Peaches/Juice Milk	2 Cinnamon Toast & Yogurt Or Cereal/Toast Apple/Juice Milk	3 Donut Or Cereal/Toast Fruit/Juice Milk

January 2023 Lunch



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 BBQ Chicken Sandwich French Fries Romaine Salad Fruit Milk	5 Breaded Chicken Patty Dinner Roll Mashed Potatoes & Gravy Romaine Salad Peaches Milk	6 Personal Calzone Baby Carrots Marinara Sauce Applesauce Milk
9 Chicken Spaghetti Breadstick Green beans Romaine Salad Peaches Milk	10 Frito Chili Pie Chili Beans Apple Milk	11 Beef Hot Dog French Fries Cucumber Slices Fruit Milk	12 Beef and Cheese Pocket Garden Salad Baby Carrots Peaches Milk	13 Pepperoni Pizza Baby Carrots Romaine Salad Applesauce Milk
16 Grilled Cheese Sandwich Tomato Soup Green beans Peaches Milk	17 Chicken Nacho Bar Chicken/Queso/Chips/Salsa Chili Beans Apple Milk	18 Corn Dog French Fries Cucumber Slices Fruit Milk	19 Pulled Pork Dinner Roll Mashed Potatoes & Gravy Romaine Salad Peaches Milk	20 Breaded Chicken Sandwich Baby Carrots Romaine Salad Applesauce Milk
23 Spaghetti w/Meat Sauce Breadstick Green beans Romaine Salad Peaches Milk	24 Chicken Taco Refried Beans Chips and Salsa Apple Milk	25 Beef Hot Dog French Fries Baby Carrots Fruit Milk	26 BBQ Chicken Loaded Baked Potato Dinner Roll Romaine Salad Peaches Milk	27 Cheese Personal Pizza Baby Carrots Cucumber Slices Applesauce Milk
30 Pig In a Blanket Mac and Cheese Green beans Romaine Salad Peaches Milk	31` Chicken Burrito Bowl Chicken/Rice/Queso Chili Beans Chips and Salsa Apple Milk	1 Sloppy Joe Sandwich French Fries Cucumber Slices Fruit Milk	2 Breaded Chicken Patty Dinner Roll Mashed Potatoes & Gravy Romaine Salad Peaches Milk	3 Personal Calzone Baby Carrots Marinara Sauce Applesauce Milk