October 2018 Grab n Go
OILTON

KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Muffin and Yogurt or Ubr Bar Fruit Juice Milk	3 Cinnamon Roll or Pop Tart Fruit Juice Milk	4 Sausage Biscuit Sandwich or Ubr Bar Fruit Juice Milk	5 Breakfast Taco or Pop Tart Fruit Juice Milk
8	9 Chicken Biscuit or Ubr Bar Fruit Juice Milk	10 Yogurt and Ubr Bar or Pop Tart Fruit Juice Milk	11 Pancake Minis or Ubr Bar Fruit Juice Milk	12 Donut or Pop Tart Fruit Juice Milk
15 Yogurt Parfait or Pop Tart Fruit 1/2 cup Juice 4 oz Milk 4 oz	16 Muffin and Cheese Stick or Ubr Bar Fruit Juice Milk	17 French Toast Sticks or Pop Tart Fruit Juice Milk	18	19
22	23 Ham and Cheese Biscuit Sandwich or Ubr Bar Fruit Juice Milk	24 Pancake Minis or Pop Tart Fruit Juice Milk	25 Breakfast Taco or Ubr Bar Fruit Juice Milk	26 Cinnamon Roll or Pop Tart Fruit Juice Milk
29	30 Chicken Biscuit or Ubr Bar Fruit Juice Milk	31 Muffin and Yogurt or Pop Tart Fruit Juice Milk		

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER