

September Grab and Go Breakfast 2016



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Blueberry Pancake Bites Nutri Grain Bars Fruit Juice/Milk	2 Breakfast Sandwich (egg, ham, cheese) Pop Tart Fruit Juice/Milk
5 NO SCHOOL	6 Nutri Grain and Yogurt Pop Tart Fruit Juice/Milk	7 Biscuit Sandwich (ham, egg, cheese) Pop Tart Fruit Juice/Milk	8 Breakfast Pizza Nutri Grain Bars Fruit Juice/Milk	9 Donut Pop Tart Fruit Juice/Milk
12	13 Breakfast Burrito Nutri Grain Bars Fruit Juice/Milk	14 Blueberry Muffin Pop Tart Fruit Juice/Milk	15 French Toast Bites Nutri Grain Bars Fruit Juice/Milk	16 Cinnamon Roll Pop Tart Fruit Juice Milk
19	20 Breakfast English Muffin (egg, sausage, cheese) Nutri Grain Bars Fruit Juice/Milk	21 Donut Pop Tart Fruit Juice/Milk	22 Blueberry Pancake Bites Nutri Grain Bars Fruit Juice/Milk	23 Breakfast pizza flatbread Pop Tarts Fruit Juice/Milk
26	27 French Toast Bites Nutri Grain Bars Fruit Juice/Milk	28 Breakfast Burrito Pop Tart Fruit Juice/Milk	29 Chocolate Muffin Nutri Grain Bars Fruit Juice/Milk	30 Cinnamon Roll Pop Tarts Fruit Juice/Milk