

# October 2016 Breakfast



KEYSTONE  
FOOD SERVICE

| MONDAY | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--------|--|---|---|--|
| 3      | 4<br>Pancakes (2)<br>Eggs<br>Cereal<br>Fruit<br>Juice<br>Milk                  | 5<br>Yogurt Parfait<br>Cereal<br>Fruit<br>Juice<br>Milk                   | 6<br>Biscuit & Gravy<br>Cereal<br>Fruit<br>Juice<br>Milk    | 7<br>Donut<br>Cereal<br>Fruit<br>Juice<br>Milk                         |
| 10     | 11<br>Bagel Sandwich<br>(Ham, Egg, Cheese)<br>Cereal<br>Fruit<br>Juice<br>Milk | 12<br>French Toast Sticks(3)<br>Cereal<br>Fruit<br>Juice<br>Milk          | 13<br>Cinnamon Roll<br>Cereal<br>Fruit<br>Juice<br>Milk     | 14<br>Breakfast Pizza<br>Flatbread<br>Cereal<br>Fruit<br>Juice<br>Milk |
| 17     | 18<br>Pancake on a Stick<br>Cereal<br>Fruit<br>Juice<br>Milk                   | 19<br>Chocolate Muffin<br>Trix Yogurt<br>Cereal<br>Fruit<br>Juice<br>Milk | 20<br>Breakfast Burrito<br>Cereal<br>Fruit<br>Juice<br>Milk | 21<br>Toast<br>Eggs<br>Cereal<br>Fruit<br>Juice<br>Milk                |
| 24     | 25<br>Yogurt Parfait<br>Cereal<br>Fruit<br>Juice<br>Milk                       | 26<br>Biscuit & Gravy<br>Cereal<br>Fruit<br>Juice<br>Milk                 | 27<br>Waffles (2)<br>Cereal<br>Fruit<br>Juice<br>Milk       | 28<br>Donut<br>Cereal<br>Fruit<br>Juice<br>Milk                        |
| 31     |  |   |   |  |