

# March 2018 Lunch



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Southwest Chicken Pot Pie Biscuit Roasted Carrots Fruit Milk Salad Bar	2 Pizza Caesar Salad Fruit Milk Salad Bar
5 Ranch Chicken Flatbread Baby Carrots Ruffles Fruit Milk Salad Bar	6 Homemade Burrito Mexican Salad Chips and Salsa Fruit Milk Salad Bar	7 Pineapple Glazed Ham Loaded Mashed Potatoes Green beans Dinner Roll Fruit Milk Salad Bar	8 Chili Fritos Chili Beans Fruit Milk Salad Bar	9 Cheeseburger Tater Tots Fruit Milk Salad Bar
12 Pizza Pasta Garlic Knot Caesar Salad Fruit Milk Salad Bar	13 Baked Potato Bar Green Beans BBQ Chicken Dinner Roll Fruit Milk Salad Bar	14 Hot Ham and Cheese Sub Tomato Florentine Soup* Baby Carrots Fruit/Salad Bar Milk	15 Sour Cream Chicken Enchilada* Spanish Rice Refried Beans Chips and Salsa Fruit/Salad Bar Milk	16 Hot Dog with Chili French Fries Fruit Milk Salad Bar
19 No School Spring Break	20 No School Spring Break	21 No School Spring Break	22 No School Spring Break	23 No School Spring Break
26 Corn Dog Mac and Cheese Green Beans Fruit Milk Salad Bar	27 Mexican Pizza Spanish Rice Refried Beans Chips and Salsa Fruit Milk Salad Bar	28 Chicken Spaghetti* Garlic Knot Garden Salad Fruit Milk Salad Bar	29 Country Fried Steak Mashed Potatoes and Gravy Roasted Carrots Dinner Roll Fruit/Salad Bar Milk	30 Cheeseburger BBQ Beans Rice Krispie Treat* Fruit Milk Salad Bar

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

## March 2018 Breakfast



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cinnamon Roll Cereal Fruit Juice Milk	2 Biscuit and Gravy Cereal Fruit Juice Milk
5 Breakfast Bagel (Ham, Egg, Cheese) Cereal Fruit Juice Milk	6 Yogurt Parfait Cereal Fruit Juice Milk	7 Biscuit and Gravy Cereal Fruit Juice Milk	8 Toast Scrambled Eggs Cereal Fruit Juice Milk	9 Donut Strawberry/Banana Yogurt Cereal Fruit Juice Milk
12 Breakfast Taco Cereal Fruit Juice Milk	13 Sweet Waffle Sticks Cereal Fruit Juice Milk	14 Breakfast Biscuit (Sausage, Egg, Cheese) Cereal Fruit Juice Milk	15 Oatmeal with Toppings Cereal Fruit Juice Milk	16 Blueberry Muffin Cheese Stick Cereal Fruit Juice Milk
19 No School Spring Break	20 No School Spring Break	21 No School Spring Break	22 No School Spring Break	23 No School Spring Break
26 Waffle Scrambled Eggs Cereal Fruit Juice Milk	27 Biscuit and Gravy Cereal Fruit Juice Milk	28 Pancake minis Cereal Fruit Juice Milk	29 Toast Scrambled Eggs Sausage Cereal Fruit Juice Milk	30 Cinnamon Roll Strawberry/Banana Yogurt Cereal Fruit Juice Milk

The following are great sources of protein at breakfast: Yogurt, Cheese Stick, Milk, Eggs, Oatmeal, Ham, Sausage, and Cheese. Choosing an item high in protein is a great way to start your day.

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER*