October 2016 Lunch

KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Corn Dog Green Beans Mac and Cheese Fruit Salad Bar Milk	4 Orange Chicken Lo Mein Noodles Steamed Broccoli Fruit Salad Bar Milk	5 Beef Soft Taco Spanish Rice Refried Beans Chips & Salsa Fruit Salad Bar Milk	6 Ranch Roasted Pork Roasted Carrots Mashed Potatoes & Gravy Dinner Roll Salad Bar/Fruit Milk	7 Chicken Sandwich French Fries Fruit Salad Bar Milk
10 Chicken Alfredo Green Beans Breadstick Fruit Salad Bar Milk	11 Beef Nacho Bar (Beef, Queso, Beans) Chips and Salsa Fruit Salad Bar Milk	12 BBQ Chicken Flatbread Sunchips Carrot Sticks Fruit Salad Bar Milk	13 Chicken Fried Steak Mashed Potatoes & Gravy Dinner Fruit Salad Bar Milk	14 Pizza Italian Salad Cinnamon Stick Fruit Salad Bar Milk
17 Hot Dog BBQ Baked Beans Ruffles Fruit Salad Bar Milk	18 Chicken and Noodles Mashed Potatoes Green Beans Dinner Roll Fruit Salad Bar Milk	19 Stromboli Marinara Sauce Italian Salad Fruit Salad Bar Milk	20 Chicken Fajitas Spanish Rice Refried Beans Chips and Salsa Fruit Salad Bar Milk	21 Cheeseburger Sweet Potato Fries Fruit Salad Bar Milk
24 Hot Italian Sub Carrots & Ranch Ruffles Fruit Salad Bar Milk	25 Chicken Enchilada Spanish Rice Refried Beans Chips & Salsa Fruit Salad Bar Milk	26 Spaghetti & Meat Sauce Green Beans Breadstick Fruit Salad Bar Milk	27 Popcorn Chicken Mashed Potatoes & Gravy Dinner Roll Fruit Salad Bar Milk	28 Pizza Caesar Salad Fruit Dirt Cake Salad Bar Milk
31 Taco Soup Beans Chips and Salsa Fruit Salad Bar Milk				

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