November 2020 Grab and Go Breakfast
Sentinel

KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pancake on a Stick Or Pop Tarts Fruit Juice Milk	3 Sausage Biscuit Or Ubr Bar Fruit Juice Milk	4 Yogurt Parfait Or Rice Krispie Granola Bar Fruit Juice Milk	5 Breakfast Burrito Or Pop Tarts Fruit Juice Milk	6 Cinnamon Roll Or Ubr Bar Fruit Juice Milk
9 Cinnamon/Sugar Pancake Bites Or Pop Tarts Fruit Juice Milk	10 Sausage Biscuit Or Ubr Bar Fruit Juice Milk	11 Muffin Cheese Stick Or Rice Krispie Granola Bar Fruit Juice Milk	12 Breakfast Taco Or Pop Tarts Fruit Juice Milk	13 French Toast Sticks Or Ubr Bar Fruit Juice Milk
16 Rice Krispie Granola Bar Yogurt Or Pop Tarts Fruit Juice Milk	17 Kolache (Sausage and Cheese) Or Ubr Bar Fruit Juice Milk	18 Chicken Biscuit Or Rice Krispie Granola Bar Fruit Juice Milk	19 Pancake on a Stick Or Pop Tarts Fruit Juice Milk	20 Donut Or Ubr Bar Fruit Juice Milk
23 No School	24 No School	25 No School	26 Happy Thanksgiving	27 No School
30 Sweet Waffle Sticks Or Pop Tarts Fruit Juice Milk	1 Sausage Biscuit Or Ubr Bar Fruit Juice Milk	2 Yogurt Parfait Or Rice Krispie Granola Bar Fruit Juice Milk	3 Breakfast Taco Or Pop Tarts Fruit Juice Milk	4 Cinnamon Roll Or Ubr Bar Fruit Juice Milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER