October 2020 Breakfast
Sentinel

KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Yogurt Muffin Cereal Fruit Juice Milk	29 Biscuit and Sausage Gravy Cereal Fruit Juice Milk	30 Breakfast Scramble (Egg, Sausage, Cheese & Tater Tots) Toast Cereal Fruit Juice & Milk	1 Breakfast Burrito (Egg, Sausage, Cheese) Cereal Fruit Juice Milk	2 French Toast Sticks Cereal Fruit Juice Milk
5 Pancake Sausage Patty Cereal Fruit Juice Milk	6 Scrambled Eggs Cinnamon Toast Cereal Fruit Juice Milk	7 Yogurt Parfait Cereal Fruit Juice Milk	8 Biscuit and Sausage Gravy Cereal Fruit Juice Milk	9 Donut Cereal Fruit Juice Milk
12 Pancake on a Stick Cereal Fruit Juice Milk	13 Breakfast Taco (Egg, Sausage, Cheese, Tater Tots) Cereal Fruit Juice Milk	14 Fall Break	15 Fall Break	16 Fall Break
19 Yogurt Muffin Cereal Fruit Juice Milk	20 Sausage Biscuit Cereal Fruit Juice Milk	21 Kolache (Ham & Cheese) Cereal Fruit Juice Milk	22 Scrambled Eggs Cinnamon Toast Cereal Fruit Juice Milk	23 French Toast Sticks Cereal Fruit Juice Milk
26 Apple Cinnamon Oatmeal Sausage Patty Cereal Fruit Juice Milk	27 Biscuit and Sausage Gravy Cereal Fruit Juice Milk	28 Fruit Pizza (Yogurt, Fruit & Crust) Cereal Fruit Juice Milk	29 Breakfast Scramble (Egg, Sausage, Cheese & Tater Tots) Toast Cereal Fruit Juice & Milk	30 Donut Cereal Fruit Juice Milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER