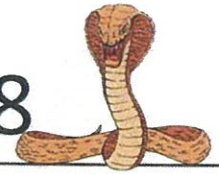

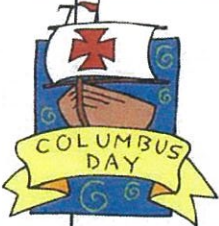





Cafeteria Services @ Keystone School

October 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chicken nuggets, mashed potatoes, gravy, peas and carrots, fresh fruit	2 Orange chicken, stir fry veg. steam rice, spring roll, fortune cookie	3 Tomato Soup, grill cheese sand., broccoli & cauliflower salad, fruit	4 Spaghetti with or without meatballs , garden salad, fruit	5 Keystone pizza sale <u>Cafeteria Ala Carte and Salad bar only</u>	6 
8 		9 BEEF Hot dogs or chili dogs, potato chips, cole slaw, fruit salad	10 Chicken OR Cheese quesadilla, mexican rice, ranchero beans, fruit	11 Meatloaf, mashed potatoes, gravy, peas, fruit	12 Penne Pasta with Italian sausage, garden salad, green beans, fruit	
14 	15 Beef or Cheese lasagna, mix vegetables, Romaine salad, fruit	16 BEEF steak fingers, mashed potatoes, gravy, green beans, fruit	17 Chicken Noodle Soup, mini ham & cheese sand., apple & grape salad.	18 Sloppy Joes, Oven baked curly fries, fresh veggies and dip, fruit	19 Keystone Spaghetti Lunch <u>Cafeteria Ala Carte and Salad bar only</u>	20 
21	22 Jumbo Corn Dogs, Broccoli & cheese sauce, Jell-O salad	23 Chicken tenders, macaroni & cheese gravy, zucchini, fresh fruit	24 Crispy beef tacos, mexican rice,refried beans, fruit	25 Baked Chicken, buttered new potatoes, peas & carrots dessert	26 Hamburgers (meat or vegetable) , lettuce, tomatoes, cheese, fresh veggies & dip, chips	
28 	29 STUDENT HOLIDAY NO SCHOOL	30 Roast Beef with wide noodles, brown gravy, sweet carrots, fruit	31 Lower School Only Bean & Cheese tacos,mexican rice, Santa Fe corn, fruit	<p><i>Please make Checks payable to Cafeteria Services, or call us to pay by credit or debit card (210) 348-7667</i></p> <p><i>ALA Carte items available every day</i></p>		