March 2018 Lunch Portion Sizes for Kitchen Staff

KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Southwest Chick 6oz Biscuit 1 Roasted Carrots 1/4C Fruit 1/4C Milk 8oz White	2 Pizza see 9-12 recipe 1 slice Caesar Salad 1/2C Fruit 1/4C Milk 8oz white
5 Ranch Chicken Flatbread-1 each Baby Carrots 1/4C Ruffles 1oz Fruit 1/4C Milk 8oz white	6 Homemade Burrito 1 Mexican Salad 1/2C Chips 1oz Salsa 1/4C Fruit 1/4C Milk 8oz White	7 Ham 2.44oz Loaded Mashed 1/4C, Green beans 1/4C Dinner Roll 1 Fruit 1/4C Milk8oz White	8 Chili 6oz Fritos 1oz Chili Beans 1/4C Fruit 1/4C Milk 8oz White	9 Cheeseburger-1 Tater Tots 1/4C Fruit 1/4C Milk 8oz White
12 Pizza Pasta 6oz Garlic Knot 1each Caesar Salad 1/2C Fruit 1/4 C Milk 8oz White	13 Baked Potato 1 each Green Beans 1/4C BBQ Chicken 2oz Dinner Roll-1 Fruit 1/4C Milk 8oz White	14 Hot Ham & Cheese-1 Baby Carrots 1/4C Fruit 1/4C Milk 8oz White	15 Sour Cream Chicken Enchilada* 1 each Refried Beans 1/4C Chips 1oz Salsa 1/4C Fruit 1/4C Milk 8oz White	16 Hot Dog 1 each Chili 1oz French Fries 1/4C Fruit 1/4C Milk 8oz White
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 1 Mac and Cheese 1/4C Green Beans 1/4C Fruit 1/4C Milk 8oz White	27 Mexican Pizza 1 each Refried Beans 1/4C Chips 1oz Salsa 1/4C Fruit 1/4C Milk 8oz White	28 Chicken Spaghetti* 6oz Garlic Knot 1 each Garden Salad 1/2C Fruit 1/4C Milk 8oz White	29 Country Fried Steak-1 Mashed Potatoes 1/4C Gravy 2oz Roasted Carrots 1/4C Dinner Roll-1 Fruit 1/4C Milk 8oz White	30 Cheeseburger-1 BBQ Beans 1/4C Rice Krispie Treat*1 Fruit 1/4C Milk 8oz White

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