

Keystone High School November Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ham, Egg, & Cheese Bagel 100% Fruit Juice Diced Pears Non Fat Milk	2 Create Your Own Pancake Station 100% Fruit Juice Applesauce Non Fat Milk
5 Strawberry Cream Cheese Stuffed Bagel 100% Fruit Juice Whole Apple Non Fat Milk	6 Bacon, Egg, & Cheese Bagel 100% Fruit Juice Mandarin Oranges Non Fat Milk	7 Cheddar Cheese Omlette w/Cinnamon Toast 100% Fruit Juice Fresh Banana Non Fat Milk	8 Breakfast Chicken Sandwich 100% Fruit Juice Fresh Orange Non Fat Milk	9 Egg & Cheese Biscuit 100% Fruit Juice Applesauce Cup Non Fat Milk
12 Grab n Go Mini French Toast 100% Fruit Juice Pineapple Tidbits Non Fat Milk	13 Sausage on a WG English Muffin 100% Fruit Juice Mandarin Oranges* Non Fat Milk	14 Pancake Sausage Wrap 100% Fruit Juice Fresh Banana* Non Fat Milk	15 Ham, Egg, & Cheese Bagel 100% Fruit Juice Diced Pears Non Fat Milk	16 Create Your Own Donut 100% Fruit Juice Applesauce Non Fat Milk
19 Strawberry Cream Cheese Stuffed Bagel 100% Fruit Juice Whole Apple Non Fat Milk	20 Bacon, Egg, & Cheese Bagel 100% Fruit Juice Mandarin Oranges Non Fat Milk	21 Cheddar Cheese Omlette w/ Cinnamon Toast 100% Fruit Juice Fresh Banana Non Fat Milk	22 No School	23 No School
26 No School	27 No School	28 Pancake Sausage Wrap 100% Fruit Juice Fresh Banana Non Fat Milk	29 Ham, Egg, & Cheese Bagel 100% Fruit Juice Diced Pears Non Fat Milk	30 Create Your Own Belgium Waffle 100% Fruit Juice Applesauce Non Fat Milk

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price. Entrée, 1 Cup Fruit, and 1/2 Pint Milk

High School Alternate Options May Include:

- Chocolate Chip Oatmeal Breakfast Bar
- Warm Grab & Go Breakfast Sandwiches
- Warm Bagels
- Breakfast Pizza
- Sausage, Egg, & Cheese Pinwheels
- Yogurt Parfaits
- Cereal w/ Donut Hole
- Fresh Fruit Smoothies w/Toast (56)
- Apple Frudels (36)
- Funnel Cakes

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White



Meal Prices:
 Elementary \$1.30 High School \$1.45
 Elementary \$.30 High School \$.30

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE