

Keystone High School May Breakfast Menu

Food Service Director: Jennifer Perry
 jperry@keyknox.com
 814-797-1251 ext. 5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sausage on a WG English Muffin (25) 100% Fruit Juice Whole Apple Non Fat Milk	2 Pancake Sausage Wrap (18) 100% Fruit Juice Mixed Fruit Non Fat Milk	3 Sausage & Cheese Biscuit (30) 100% Fruit Juice Diced Pears Non Fat Milk	4 Whole Grain Cinnamon Roll (38) 100% Fruit Juice Applesauce Cup Non Fat Milk
7 Egg & Cheese Taco (15) 100% Fruit Juice Diced Peaches Non Fat Milk	8 Grab n Go Mini Waffles (38) 100% Fruit Juice Whole Apple Non Fat Milk	9 Bacon, Egg, & Cheese Muffin (51) 100% Fruit Juice Blueberries Non Fat Milk	10 Bacon, Egg, & Cheese Biscuit (35.5) 100% Fruit Juice Diced Pears Non Fat Milk	11 Cinnamon Oat Breakfast Cookie (43) or Funnel Cake (43) 100% Fruit Juice Applesauce Cup Non Fat Milk
14 Breakfast Chicken Sandwich (20) 100% Fruit Juice Diced Peaches Non Fat Milk	15 Sausage on a WG English Muffin (25) 100% Fruit Juice Whole Apple Non Fat Milk	16 Pancake Sausage Wrap (18) 100% Fruit Juice Mixed Fruit Non Fat Milk	17 Sausage & Cheese Biscuit (26) 100% Fruit Juice Diced Pears Non Fat Milk	18 Whole Grain Cinnamon Roll (38) 100% Fruit Juice Applesauce Cup Non Fat Milk
21 Egg & Cheese Taco (15) 100% Fruit Juice Diced Peaches Non Fat Milk	22 Grab n Go Mini Waffles (38) 100% Fruit Juice Whole Apple Non Fat Milk	23 Bacon, Egg, & Cheese Muffin (51) 100% Fruit Juice Blueberries Non Fat Milk	24 Bacon, Egg, & Cheese Biscuit (35.5) 100% Fruit Juice Diced Pears Non Fat Milk	25 Cinnamon Oat Breakfast Cookie (43) or Funnel Cake (43) 100% Fruit Juice Applesauce Cup Non Fat Milk
28 NO SCHOOL	29 Chef's Choice 100% Fruit Juice Whole Apple Non Fat Milk	30 Chef's Choice 100% Fruit Juice Mixed Fruit Non Fat Milk	31 Chef's Choice 100% Fruit Juice Diced Pears Non Fat Milk	1 Chef's Choice 100% Fruit Juice Assorted Fruit 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
- Apple Frudels

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

