

Keystone High School October Breakfast Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Whole Grain Cinnamon Roll (38) 100% Fruit Juice Applesauce Cup Non Fat Milk	3 Sausage on a WG English Muffin (25) 100% Fruit Juice Mandarin Oranges Non Fat Milk	4 Donut Action Station 100% Fruit Juice Fresh Banana Non Fat Milk	5 Sausage & Cheese Biscuit (30) 100% Fruit Juice Fresh Orange Non Fat Milk	6 NO SCHOOL
9 Blueberry Muffin w/ Toast (41.14) 100% Fruit Juice Whole Apple Non Fat Milk	10 Grab n Go Mini Waffles (38) 100% Fruit Juice Mandarin Oranges Non Fat Milk	11 Bacon, Egg, & Cheese Muffin (51) 100% Fruit Juice Fresh Banana Non Fat Milk	12 Bacon, Egg, & Cheese Biscuit (35.5) 100% Fruit Juice Fresh Orange Non Fat Milk	13 Cinnamon Oat Breakfast Cookie (43) or Funnel Cake 100% Fruit Juice Applesauce Cup Non Fat Milk
16 Whole Grain Cinnamon Roll (38) 100% Fruit Juice Applesauce Cup Non Fat Milk	17 Sausage on a WG English Muffin (25) 100% Fruit Juice Mandarin Oranges Non Fat Milk	18 Pancake Sausage Wrap (18) 100% Fruit Juice Fresh Banana Non Fat Milk	19 Sausage & Cheese Biscuit (30) 100% Fruit Juice Fresh Orange Non Fat Milk	20 Funnel Cake (43) 100% Fruit Juice Applesauce Cup Non Fat Milk
23 Blueberry Muffin w/ Toast (41.14) 100% Fruit Juice Whole Apple Non Fat Milk	24 Grab n Go Mini Waffles (38) 100% Fruit Juice Mandarin Oranges Non Fat Milk	25 Bacon, Egg, & Cheese Muffin (51) 100% Fruit Juice Fresh Banana Non Fat Milk	26 Bacon, Egg, & Cheese Biscuit (35.5) 100% Fruit Juice Fresh Orange Non Fat Milk	27 Cinnamon Oat Breakfast (43) Cookie or Funnel Cake 100% Fruit Juice Applesauce Cup Non Fat Milk
30 Grab n Go Mini French Toast (37) 100% Fruit Juice Whole Apple Non Fat Milk	31 Sausage on a WG English Muffin (25) 100% Fruit Juice Mandarin Oranges Non Fat Milk		Join us for Breakfast on Wednesday October 4th. We will be having a DONUT ACTION STATION. We will be serving a delicious whole wheat DONUT with your choice of icing and assorted toppings.	

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

