

Keystone High School August/ September Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		29 Pancake Sausage Wrap 100% Fruit Juice Fresh Banana Non Fat Milk	30 Ham, Egg, & Cheese Bagel 100% Fruit Juice Diced Pears Non Fat Milk	31 Whole Grain Cinnamon Roll 100% Fruit Juice Applesauce Cup Non Fat Milk
3 NO SCHOOL	4 Bacon, Egg, & Cheese Bagel 100% Fruit Juice Mandarin Oranges Non Fat Milk	5 Cheese Omelet 100% Fruit Juice Fresh Banana Non Fat Milk	6 Breakfast Chicken Sandwich 100% Fruit Juice Fresh Orange Non Fat Milk	7 Egg & Cheese Biscuit 100% Fruit Juice Applesauce Cup Non Fat Milk
10 Grab n Go Mini French Toast 100% Fruit Juice Pineapple Tidbits Non Fat Milk	11 Sausage on a WG English Muffin 100% Fruit Juice Mandarin Oranges* Non Fat Milk	12 Pancake Sausage Wrap 100% Fruit Juice Fresh Banana* Non Fat Milk	13 Ham, Egg, & Cheese Bagel 100% Fruit Juice Diced Pears Non Fat Milk	14 Whole Grain Cinnamon Roll 100% Fruit Juice Applesauce Non Fat Milk
17 Strawberry Bagel 100% Fruit Juice Whole Apple Non Fat Milk	18 Bacon, Egg, & Cheese Bagel 100% Fruit Juice Mandarin Oranges Non Fat Milk	19 Cheese Omelet 100% Fruit Juice Fresh Banana Non Fat Milk	20 Breakfast Chicken Sandwich 100% Fruit Juice Fresh Orange Non Fat Milk	21 Egg & Cheese Biscuit 100% Fruit Juice Applesauce Cup Non Fat Milk
24 Grab n Go Mini French Toast 100% Fruit Juice Pineapple Tidbits Non Fat Milk	25 Sausage on a WG English Muffin 100% Fruit Juice Mandarin Oranges Non Fat Milk	26 Pancake Sausage Wrap 100% Fruit Juice Fresh Banana Non Fat Milk	27 Ham, Egg, & Cheese Bagel 100% Fruit Juice Diced Pears Non Fat Milk	28 Whole Grain Cinnamon Roll 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)

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

