

Keystone Elementary October Breakfast Menu

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| 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 Mandarin Oranges Non Fat Milk | 5 Bacon Egg, & Cheese Biscuit 100% Fruit Juice Apple Slices Non Fat Milk | 6 NO SCHOOL |
| 9 Pancake Sausage Wrap 100% Fruit Juice Apple Slices Non Fat Milk | 10 Sausage, Egg, & Cheese Muffin 100% Fruit Juice Apple Slices Non Fat Milk | 11 Bacon, Egg, & Cheese Sandwich 100% Fruit Juice Apple Slices Non Fat Milk | 12 Egg & Cheese Taco 100% Fruit Juice Apple Slices Non Fat Milk | 13 Funnel Cake 100% Fruit Juice Applesauce Cup Non Fat Milk |
| 16 Mini French Toast 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 Bacon Egg, & Cheese Biscuit 100% Fruit Juice Apple Slices Non Fat Milk | 19 Grab n Go Mini Waffles (38) 100% Fruit Juice Mandarin Oranges Non Fat Milk | 20 Cinnamon Oat Breakfast Cookie or Funnel Cake 100% Fruit Juice Applesauce Cup Non Fat Milk |
| 23 Pancake Sausage Wrap 100% Fruit Juice Apple Slices Non Fat Milk | 24 Funnel Cake 100% Fruit Juice Fresh Orange Non Fat Milk | 25 Bacon, Egg, & Cheese Muffin (51) 100% Fruit Juice Fresh Banana Non Fat Milk | 26 Egg & Cheese Taco 100% Fruit Juice Fresh Orange Non Fat Milk | 27 Funnel Cake 100% Fruit Juice Applesauce Cup Non Fat Milk |
| 30 Whole Grain Cinnamon Roll (38) 100% Fruit Juice Applesauce Cup Non Fat Milk | 31 Sausage, Egg, & Cheese Muffin 100% Fruit Juice Apple Slices Non Fat Milk | | Join us for breakfast on Wednesday October 4th for 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

Elementary School Alternate Options May Include:

- Assorted Benefit Bars
- Breakfast Pizza
- Cereal w/ Donut Hole
- Yogurt w/ Graham Crackers

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

