

# Keystone Elementary August/ September Breakfast Menu

Food Service Director: Jennifer Perry  
jperry@keyknox.com  
814-797-1251 ext. 1127



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		29 Pancake Sausage Wrap 100% Fruit Juice Diced Peaches Non Fat Milk	30 Ham, Egg, & Cheese Bagel 100% Fruit Juice Diced Pears Non Fat Milk	31 Fresh Baked Cinnamon Roll or Funnel Cake 100% Fruit Juice Applesauce Cup Non Fat Milk
3  NO  SCHOOL	4 Bacon, Egg, & Cheese Bagel 100% Fruit Juice Mixed Fruit Non Fat Milk	5 Egg & Cheese Taco 100% Fruit Juice Cinnamon Apple Slices Non Fat Milk	6 Breakfast Chicken Sandwich 100% Fruit Juice Mandarin Oranges Non Fat Milk	7 Funnel Cake 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 Fresh Orange Non Fat Milk	12 Pancake Sausage Wrap 100% Fruit Juice Diced Peaches Non Fat Milk	13 Ham, Egg, & Cheese Bagel 100% Fruit Juice Diced Pears Non Fat Milk	14 Fresh Baked Cinnamon Roll or Funnel Cake 100% Fruit Juice Applesauce Cup Non Fat Milk
17 Grab n Go Mini Waffles 100% Fruit Juice Pineapple Tidbits Non Fat Milk	18 Bacon, Egg, & Cheese Bagel 100% Fruit Juice Mixed Fruit Non Fat Milk	19 Cheese Omelette 100% Fruit Juice Cinnamon Apple Slices Non Fat Milk	20 Breakfast Chicken Sandwich 100% Fruit Juice Mandarin Oranges Non Fat Milk	21 Funnel Cake 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, Egg, & Cheese Muffin 100% Fruit Juice Fresh Orange Non Fat Milk	26 Pancake Sausage Wrap 100% Fruit Juice Diced Peaches Non Fat Milk	27 Ham, Egg, & Cheese Bagel 100% Fruit Juice Diced Pears Non Fat Milk	28 Fresh Baked Cinnamon Roll or Funnel Cake 100% Fruit Juice Applesauce Cup 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

### Elementary School Alternate Options May Include:

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

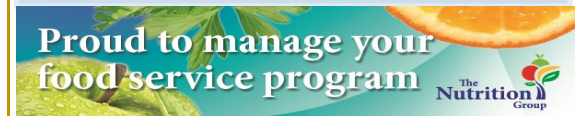
Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.

*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

