



# March Breakfast Menu

Director of Food and Nutrition: Melissa Brock

nutrition@keyknox.com

814.797.1251 x 1127



\* Menus are subject to Change



## Monday

Chocolate Chip French Toast  
Applesauce  
100% Fruit Juice  
Non Fat Milk

NO SCHOOL

Cereal Blast Coco  
Waffle  
Raisins  
100% Fruit Juice  
Non Fat Milk

Cereal Bar w/Graham  
Crackers  
Assorted Craisins  
100% Fruit Juice  
Non Fat Milk

## Tuesday

Apple Frudel  
Pineapple Tidbits  
100% Fruit Juice  
Non Fat Milk

French Toast Bites  
Assorted Craisins  
100% Fruit Juice  
Non Fat Milk

Strawberry Cream  
Cheese Bagel  
Diced Peaches  
100% Fruit Juice  
Non Fat Milk

Sausage Pancake  
Bites  
Mandarin Oranges  
100% Fruit Juice  
Non Fat Milk

## Wednesday

Banana Muffin Flat  
Diced Peaches  
100% Fruit Juice  
Non Fat Milk

Sausage Muffin  
Petite Banana  
100% Fruit Juice  
Non Fat Milk

Egg & Cheese Omelet  
w/Toast  
Applesauce  
100% Fruit Juice  
Non Fat Milk

Mixed Berry Scone  
Raisins  
100% Fruit Juice  
Non Fat Milk

## Thursday

Chicken Biscuit  
Diced Pears  
100% Fruit Juice  
Non Fat Milk

Southern Style  
Biscuit w/Jelly  
Applesauce

Pancakes  
Diced Peaches  
100% Fruit Juice  
Non Fat Milk

Egg & Cheese  
Muffin  
Apple Slices  
100% Fruit Juice  
Non Fat Milk

## Friday

Apple Cinnamon Roll  
Assorted Craisins  
100% Fruit Juice  
Non Fat Milk

NO SCHOOL

Iced Donut w/Sprinkles  
Pineapple Tidbits  
100% Fruit Juice  
Non Fat Milk

Iced Cinnamon Roll  
Petite Banana  
100% Fruit Juice  
Non Fat Milk

Bagel w/Cream Cheese  
Fresh Apple  
100% Fruit Juice  
Non Fat Milk

## OTHER DAILY OFFERINGS

These alter-

Benefit Bars

Assorted Cereal w/Graham Crackers

Yogurt Cup w/Graham Crackers

nate daily options may be offered:

Breakfast Pizza

Assorted Pastries

Grab n Go Pancakes or Waffles

Milk Choices offered Daily:

Fat Free Chocolate

Fat Free Strawberry

1% White

Fat Free Vanilla