



Keith Valley Breakfast February 2020

Middle School breakfast is \$1.35

“This institution is an equal opportunity provider. Menus are subject to change”

**Monday
February**
3, 10, 24
Bacon, Egg and Cheese on a Bagel
100% Fruit Juice
Choice of Milk

**Tuesday
February**
4, 11, 18, 25
Sausage and Egg on a Croissant
100% Fruit Juice
Choice of Milk

**Wednesday
February**
5, 12, 19, 26
Ham, Egg and Cheese on a English Muffin
100% Fruit Juice
Choice of Milk

**Thursday
February**
6, 13, 20, 27
Bacon, Egg and Cheese on a Croissant
100% Fruit Juice
Choice of Milk

**Friday
February**
7, 21, 28
Sausage, Egg and Cheese on a Bagel
100% Fruit Juice
Choice of Milk



Additional Items Available Daily for Breakfast :

Bowl Pack Cereal (Flavors may include: Lucky Charms, Golden Grahams, Cinnamon Toast Crunch)

Cereal Bars (Flavors may include: Cinnamon Toast Crunch, Golden Grahams, Trix, Cocoa Puffs)

Whole Grain Cinnamon Rolls

Whole Grain Pop Tarts (Flavors may include: Strawberry, Cinnamon Sugar, Fudge)

WG Mini-Pancakes (Flavors may include: Blueberry and Maple)

WG Donut Holes– Regular, French Toast or Pancake

WG Ultra Bread– Zucchini, Banana or Pumpkin

Yogurt Cup (Flavors may include: Strawberry, Strawberry Banana, Raspberry and Vanilla)

Whole Grain Muffins (Flavors may include: Apple Cinnamon, Banana, Blueberry, Chocolate Chip)

Readi-Bake Breakfast Bars (Flavors may include: Chocolate Chunk, Apple Blueberry, French Toast, Oatmeal Chocolate Chip, Apple Cinnamon)

Whole Grain Mini- Donuts (Flavors may include: Chocolate and Powdered Sugar)

100% Fruit Juice: Apple, Orange or Grape

Fresh Fruit Basket w/ Apples,
Oranges and Bananas

Milk Offerings Include:
1% White, Fat Free
Chocolate, Fat Free Strawberry, and Lactaid

Breakfast Kiosk Open Daily in the Lobby

Whole Grain Pop Tarts (Flavors may include: Strawberry, Cinnamon Sugar, Fudge)

Whole Grain Mini- Donuts (Flavors may include: Chocolate and Powdered Sugar)

Whole Grain Muffins (Flavors may include: Apple Cinnamon, Banana, Blueberry, Chocolate Chip)

Whole Grain Cereal Pouches: (Flavors may include Cinnamon Toast Crunch, Lucky Charms and Golden Grahams)

Cereal Bars (Flavors may include: Cinnamon Toast Crunch, Golden Grahams, Trix, Cocoa Puffs)

Whole Grain Cinnamon Rolls

WG Ultra Bread– Zucchini, Banana or Pumpkin

Readi-Bake Breakfast Bars (Flavors may include: Chocolate Chunk, Apple Blueberry, French Toast, Oatmeal Chocolate Chip, Apple Cinnamon)

Whole Grain Frudels (Flavors include Cherry and Apple)

wake up!
School Breakfast



Additional Items available at Kiosk:

Fresh Fruit– Apples, Bananas and Oranges

Milk Choices include: Low Fat White, Fat Free Chocolate & Strawberry, and Lactaid