

Keys Food Service 9 -12 Breakfast Menu

Keys Food Service Breakfast Menu. Keys Food Service offers a nutritious breakfast free of charge to all students. Menu Subject to change without notice. For questions regarding Keys Breakfast Menu please contact Michelle Fuller mfuller2556@gmail.com Menu follows USDA recommend dietary guidelines.

BREAKFAST Menu

August-December 2021

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Whole Grain Bagel with cream cheese Fruit cup Juice Milk	Blueberry Muffin Graham cracker Apple Juice Milk	Breakfast Pastry Banana Juice Milk	Banana Breakfast Muffin Orange Juice Milk	Breakfast Bar Dried fruit Juice Milk
2	Cereal Bar Apple slice Juice Milk	Cinnamon Breakfast Pastry Applesauce Juice Milk	Whole Grain Bagel with cream cheese Fruit cup Juice Milk	Whole grain breakfast bar Banana Juice Milk	Cinnamon Roll Apple slice Juice Milk
3	Whole grain breakfast bar Apple Sauce Juice Milk	Banana Bread Dried Fruit Juice Milk	Yogurt cup with roasted sunflower seeds Whole grain cracker Fruit cup/Juice Milk	Fruit Filled breakfast pastry Orange Mango Juice Milk	Cinnamon Waffle Apple Juice Milk
4	Whole grain breakfast bar Banana Juice Milk	Cinnamon Roll Banana Juice Milk	Whole grain cereal with graham crackers Fruit cup Juice Milk	Yogurt cup Whole grain dipping crackers Dried Fruit Juice Milk	Whole grain cereal with graham cracker Apple sauce Juice Milk

OTHER DAILY SELECTIONS:

Menu Selections may vary depending on product availability and school serving model

Hot breakfast offerings vary by site

All breakfast served with a choice of skim white milk or low fat white milk

Flavored milk may be offered at various sites

Menu subject to change without notice

This intuition is an equal opportunity employer

NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
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S	M	T	W	T	F	S
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24	25	26	27	28	29	30

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30				

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

1. NHANES 20134.

2. NHANES 2012012 and NHANES 202014.