

# KEITH VALLEY GRAB & GO BREAKFAST MENU

## BREAKFAST IS FREE!!

We offer a variety of Grab and Go items Daily Including:

**Assorted Breakfast Sandwiches** (Bacon, Egg and Cheese on a Bagel; Sausage, Egg and Cheese on a Bagel or Cheese and Egg on a Bagel)

**Bowl Pack Cereal** (Flavors may include: Trix, Chex, Honey Nut Cheerios, Cinnamon Toast Crunch, and Golden Grahams)

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

**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)

**Whole Grain Muffins** (Flavors may include Banana, Blueberry, Chocolate Chip)

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

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

**Apple Frudels and Cinni-Minis**

**String Cheese and Baby Carrots**

### Fruit Options include:



100% Fruit Juice (Apple, Grape and Orange), Fresh Apple Slices, Oranges, Craisins, Raisins, Pears and

### First things First

To make a breakfast,  
choose at  
least one



or



and at  
least  
three  
items  
total



### Milk Choices include:



Fat Free, Low-Fat White, Fat Free Chocolate & Strawberry, and Lactaid