

# Southern Fulton School District Breakfast Menu December 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<b>11/28/22</b>	<b>11/29/22</b>	<b>11/30/22</b>	<b>12/1/22</b>	<b>12/2/22</b>
No School	No School	French Toast Sticks with Syrup Or Cereal Choice of Fruit Juice Choice of Milk	Breakfast Pizza Or Cereal Choice of Fruit Juice Choice of Milk	Bacon Egg Cheese Sandwich Or Cereal Choice of Fruit Juice Choice of Milk
<b>12/5/22</b>	<b>12/6/22</b>	<b>12/7/22</b>	<b>12/8/22</b>	<b>12/9/22</b>
Muffin Or Cereal Choice of Fruit Juice Choice of Milk	Breakfast Burrito Or Cereal Choice of Fruit Juice Choice of Milk	Donuts Or Cereal Choice of Fruit Juice Choice of Milk	Sausage Egg and Cheese Sandwich Or Cereal Choice of Fruit Juice Choice of Milk	Banana Bread Or Cereal Choice of Fruit Juice Choice of Milk
<b>12/12/22</b>	<b>12/13/22</b>	<b>12/14/22</b>	<b>12/15/22</b>	<b>12/16/22</b>
Yogurt and Granola Bar Or Cereal Choice of Fruit Juice Choice of Milk	Bacon Egg and Cheese Sandwich Or Cereal Choice of Fruit Juice Choice of Milk	Waffles in a bag Or Cereal Choice of Fruit Juice Choice of Milk	Cinnamon Rolls Or Cereal Choice of Fruit Juice Choice of Milk	Funnel Cake Or Cereal Choice of Fruit Juice Choice of Milk
<b>12/19/22</b>	<b>12/20/22</b>	<b>12/21/22</b>	<b>12/22/22</b>	<b>12/23/22</b>
Poptart Or Cereal Choice of Fruit Juice Choice of Milk	Pancake on a Stick Or Cereal Choice of Fruit Juice Choice of Milk	Banana Bread Or Cereal Choice of Fruit Juice Choice of Milk	Breakfast Cereal Bar Or Cereal Choice of Fruit Juice Choice of Milk	Poptarts Or Cereal Choice of Fruit Juice Choice of Milk
<b>12/26/22</b>	<b>12/27/22</b>	<b>12/28/22</b>	<b>12/29/22</b>	<b>12/30/22</b>
No School	No School	No School	No School	No School

**What is a Meal?**

You must choose at least 3 of the 4 components available for the school breakfast price.

**Choice of:**

**Grain or grain protein**

**Fruit**  
(must take at least a 1/2 cup)

**Milk**  
(1% white or chocolate)

One Free Breakfast to all Students beginning October 1.

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USDA is an equal opportunity provider and employer.