

**November
2019**



**SOUTHERN FULTON SCHOOL DISTRICT
BREAKFAST MENU**

What is a Meal?
You must choose at least 3 of the 5 components available for the school breakfast price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable breakfast
Meal or meal alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Cereal choice May include:
Cinnamon toast Crunch
Trix
Cocoa Puffs
Lucky Charms
Cheerios
Fruit Loops

Menu Subject to Change

Monday

Tuesday

Wednesday

Thursday

Friday

Pay online at
myschoolaccount.com

				<p>1 Poptarts or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit</p>
<p>4 BlueBerry Muffin or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>5 Cinnamon Rolls or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>6 Funnel Cake or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>7 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>8 Pancake and Sausage on a stick or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>
<p>11 No School</p>	<p>12 Yogurt With Graham cracker or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>13 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>14 Bacon Egg and Cheese Biscuit or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>15 French Toast Sticks or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>
<p>18 Poptarts or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>19 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>20 Cinnamon Rolls or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>21 Egg and Cheese on Croissant or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>22 Pancakes in a bag with sausage or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>
<p>25 Yogurt With Graham cracker or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>26 Bagel with spreads or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>27 No School</p>	<p>28 No School Happy Thanksgiving</p>	<p>29 No School</p>



**BONGO
BLUEBERRIES**

Breakfast Prices
Student Elementary 1.15
Student High School 1.40
Reduced \$.30
Adult \$1.50

Jaime Barnard, Cafeteria Manager

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