

# Southern Fulton School District Breakfast Menu November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		Effective immediately until the end of the school year one Breakfast and Lunch will be provided free for all students		
<b>11/2/20</b>	<b>11/3/20</b>	<b>11/4/20</b>	<b>11/5/20</b>	<b>11/6/20</b>
Banana Bread Pineapple Cup Apple Juice Choice of Milk	Sausage and Egg Sandwich Applesauce Grape Juice Choice of Milk	Cinnamon roll Mandarin Orange Cup Orange Juice Choice of Milk	Cereal Bar Pineapple Cup Apple Juice Choice of Milk	Pancakes in a Bag Apple Slices Grape Juice Choice of Milk
<b>11/9/20</b>	<b>11/10/20</b>	<b>11/11/20</b>	<b>11/12/20</b>	<b>11/13/20</b>
Cereal with Muffin  Pear Cup Grape Juice Choice of Milk	Pancake in a Bag  Peach Cup Apple Juice Choice of Milk	No School	Waffles  Pineapple Cup Orange Juice Choice of Milk	Bacon Egg and Cheese Sandwich Apple Slices Grape Juice Choice of Milk
<b>11/16/20</b>	<b>11/17/20</b>	<b>11/18/20</b>	<b>11/19/20</b>	<b>11/20/20</b>
Breakfast Bar  Pear Cup Grape Juice Choice of Milk	Cinnamon Roll  Pineapple Cup Orange Juice Choice of Milk	Banana Bread  Peach Cup Apple Juice Choice of Milk	Sausage and Egg Sandwich Mandarin Orange Cup Grape Juice Choice of Milk	Cereal Bar  Apple Slices Orange Juice Choice of Milk
<b>11/23/20</b>	<b>11/24/20</b>	<b>11/25/20</b>	<b>11/26/20</b>	<b>11/27/20</b>
Cereal with Muffin  Peach Cup Apple Juice Choice of Milk	Pancake in a Bag  Pear Cup Grape Juice Choice of Milk	No School	Happy Thanksgiving No School	No School
<b>Student Paid Breakfast Elem \$1.25 HS \$1.50    Student Reduced Breakfast \$0.30    Adult Breakfast \$2.00</b>				

**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)

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