

Southern Fulton School District Breakfast Menu October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
9/28/20	9/29/20	9/30/20	10/1/20	10/2/20
		Effective immediately until December 31 one Breakfast and Lunch will be provided free for all students	Pancake on a Stick	Breakfast Bar
			Apple Slices Grape Juice Choice of Milk	Pear Cup Orange Juice Choice of Milk
10/5/20	10/6/20	10/7/20	10/8/20	10/9/20
Poptart Applesauce Apple Juice Choice of Milk	Blueberry Pancake in a bag Peach Cup Grape Juice Choice of Milk	Sausage Egg and Cheese Sandwich Mandarin Orange Cup Orange Juice Choice of Milk	Cereal with Muffin Pineapple Cup Apple Juice Choice of Milk	Cinnamon Roll Apple Slices Grape Juice Choice of Milk
10/12/20	10/13/20	10/14/20	10/15/20	10/16/20
Sausage and Egg Sandwich Pear Cup Grape Juice Choice of Milk	Cereal Bar Peach Cup Apple Juice Choice of Milk	Strawberry Pancake in a bag Mandarin Orange Cup Grape Juice Choice of Milk	Cinnamon Roll Pineapple Cup Orange Juice Choice of Milk	No School
10/19/20	10/20/20	10/21/20	10/22/20	10/23/20
Poptart Pear Cup Grape Juice Choice of Milk	Cereal with Muffin Pineapple Cup Orange Juice Choice of Milk	Cinnamon Roll Peach Cup Apple Juice Choice of Milk	Pancake on a stick Mandarin Orange Cup Grape Juice Choice of Milk	Poptart Apple Slices Orange Juice Choice of Milk
10/26/20	10/27/20	10/28/20	10/29/20	10/30/20
Cinnamon Roll Peach Cup Apple Juice Choice of Milk	Waffles Pear Cup Grape Juice Choice of Milk	Bacon Egg and Cheese Sandwich Apple Slices Orange Juice Choice of Milk	Cereal Bar Pineapple Cup Apple Juice Choice of Milk	Cereal with Muffin Applesauce Grape Juice Choice of Milk

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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Student Paid Breakfast Elem \$1.25 HS \$1.50 Student Reduced Breakfast \$0.30 Adult Breakfast \$2.00

USDA is an equal opportunity provider and employer.