

October 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
Meat or meat 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



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

Jaime Barnard, Cafeteria Manager

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
30 Poptart or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	2 English Muffin with Omelet or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	3 Funnel Cake or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	4 Fruit Churro or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
7 BlueBerry Muffin or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	8 Funnel Cake or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	9 Egg Patty with Sausage or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	10 French Toast Sticks with syrup or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	11 Cinnamon Roll or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
14 Yogurt and Graham Cracker or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	15 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	16 Egg Patty and Bacon with Roll or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	17 Pancakes in a Bag with syrup or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	18 No School
21 Yogurt with Graham Cracker or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	22 Funnel Cake or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	23 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	24 Cinnamon roll or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	25 Pancakes in a bag Sausage or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
28 Blueberry Muffin or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	29 Egg and cheese on Croissant or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	30 Pancake on a Stick or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	31 Breakfast Pizza or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	1 Poptart or Assorted Cereals Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk