

Southern Fulton School District Breakfast Menu September 2020



Monday	Tuesday	Wednesday	Thursday	Friday
8/31/20	9/1/20	9/2/20	9/3/20	9/4/20
	Cereal with a Muffin Apple Juice Peach Cup Choice of Milk	Banana Bread Grape Juice Pear Cup Choice of Milk	Cinnamon Roll Orange Juice Orange Cup Choice of Milk	No School
9/7/20	9/8/20	9/9/20	9/10/20	9/11/20
No School	Cereal with a Muffin Orange Juice Pear Cup Choice of Milk	Vanilla Cake Mini Pancake Apple Juice Apple Slices Choice of Milk	Sausage Egg and Cheese Sandwich Grape Juice Mandarin Orange cup Choice of Milk	Banana Bread Orange Juice Peach Cup Choice of Milk
9/14/20	9/15/20	9/16/20	9/17/20	9/18/20
Yogurt and Graham Cracker Apple Juice Mandarin Orange Cup Choice of Milk	Bacon Egg and Cheese Sandwich Grape Juice Pear Cup Choice of Milk	Waffles in a bag Orange Juice Applesauce Choice of Milk	Cereal with a Muffin Apple Juice Apple Slices Choice of Milk	French Toast Benefit Bar Grape Juice Mandarin Orange cup Choice of Milk
9/21/20	9/22/20	9/23/20	9/24/20	9/25/20
Cereal with a Muffin Orange Juice Mandarin Orange Cup Choice of Milk	Pancake on a Stick Apple Juice Peach Cup Choice of Milk	Bacon Egg Cheese Sandwich Grape Juice Applesauce Choice of Milk	Pancakes in a bag Orange Juice Apple Slices Choice of Milk	Cinnamon Pop Tart with a Chocolate Chip Muffin Apple Juice Peach Cup Choice of Milk
9/28/20	9/29/20	9/30/20		
Cinnamon Roll Grape Juice Peach Cup Choice of Milk	Sausage Egg and Cheese Sandwich Orange Juice Mandarin Orange cup Choice of Milk	Pop Tart with a Chocolate Chip Muffin Apple Juice Applesauce 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)

Jaime Barnard
General Manager
jbarnard@sfsd.k12.pa.us

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.