DeKalb County School District

High School Breakfast
October 2021

Monday, October 4
Great Beginnings
Cinnamon Toast Crunch Bowl (2oz)
Or
Mini WG French Toast V

Fruity Delights
Orange Juice
Fresh Gala Apple

Tuesday, October 5
Great Beginnings
Turkey Sausage Biscuit
Or
Raspberry Yogurt with Granola V

Fruity Delights
Apple Juice
Sliced Peaches

Wednesday, October 6
Great Beginnings
Assorted Cereal with Graham Crackers V
Or
Cinnamon Roll V

Fruity Delights
Mixed Fruit Juice
Fresh Fruit

Thursday, October 7
Great Beginnings
Chicken Biscuit
Or
Mini WG Waffles V

Fruity Delights
Mixed Fruit Juice
Fresh Fruit

(Inclement Weather Day 1)

Friday, October 8
Great Beginnings
Assorted Cereal (1oz) with Biscuit V
Or
Strawberry Banana Yogurt & Granola V

Fruity Delights
Mixed Fruit Juice
Fruit Cocktail

(Inclement Weather Day 2)

Monday, October 11
Columbus Day
No School Today

Tuesday, October 12
Great Beginnings
Turkey Sausage Biscuit
Or
Blueberry Pop Tarts (2)V

Fruity Delights
Mixed Fruit Juice
Sliced Peaches

Wednesday, October 13
Great Beginnings
Pancake N Link
Or
Cinnamon Oatmeal Round V

Fruity Delights
Apple Juice
Banana

Thursday, October 14
Great Beginnings
Chicken Biscuit
Or
Whole Grain Chocolate Muffin & Cheese Cubes V

Fruity Delights
Orange Tangerine Juice
Fresh Apple

Friday, October 15
Great Beginnings
Assorted Cereal (1oz) with Biscuit V
Or
Strawberry Banana Yogurt & Granola V

Fruity Delights
Mixed Fruit Juice
Fruit Cocktail

First things First
To make a breakfast, choose at least one

Fruit
or
Juice

and at least three items total

Milk Served with All Meals
<table>
<thead>
<tr>
<th>Monday, October 18</th>
<th>Tuesday, October 19</th>
<th>Wednesday, October 20</th>
<th>Thursday, October 21</th>
<th>Friday, October 22</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Great Beginnings</strong></td>
<td>Turkey Sausage Biscuit</td>
<td>Assorted Cereal with Graham Crackers V</td>
<td>Chicken Biscuit</td>
<td>Assorted Cereal (1oz) with Biscuit V</td>
</tr>
<tr>
<td>Cinnamon Toast Crunch Bowl (2oz)</td>
<td>Or</td>
<td>Or</td>
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</tr>
<tr>
<td>or</td>
<td>Raspberry Yogurt with Granola V</td>
<td>Cinnamon Roll V</td>
<td>Mini WG Waffles V</td>
<td>Bagel with Cream Cheese V</td>
</tr>
<tr>
<td><strong>Fruity Delights</strong></td>
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<td>Fresh Fruit</td>
<td>Banana</td>
<td>Fruit Cocktail</td>
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**Breakfast**

**Type your breakfast choices here, or delete this section.**

**Lunch**

**Entree One**

**Entree Two**

**Sides and Extras**

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<thead>
<tr>
<th>Monday, October 25</th>
<th>Tuesday, October 26</th>
<th>Wednesday, October 27</th>
<th>Thursday, October 28</th>
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<tr>
<td>Spicy Chicken Biscuit</td>
<td>or</td>
<td>or</td>
<td>or</td>
<td>or</td>
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<tr>
<td>Blueberry Pop Tarts (2)V</td>
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<td>Cinnamon Oatmeal Round V</td>
<td>Whole Grain Chocolate Muffin &amp; Cheese Cubes V</td>
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