

**DeKalb County  
School District**

This institution is an  
equal opportunity  
provider.

# Middle 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**

Orange Juice  
Banana

**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 1**

**Great Beginnings**

Assorted Cereal (1oz) with  
Biscuit V  
or  
Strawberry Banana Yogurt &  
Granola V

**Fruity Delights**

Mixed Fruit Juice  
Fruit Cocktail

**Friday, October 8**

**Great Beginnings**

Assorted Cereal (1oz) with  
Biscuit V  
Or

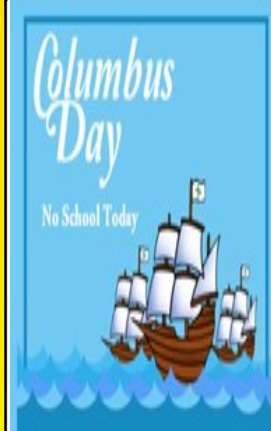
Bagel with Cream Cheese V

**Fruity Delights**

Orange Tangerine Juice  
Fruit Cocktail

( Inclement Weather Day 2)

**Monday, October 11**



**Tuesday, October 12**

**Great Beginnings**

Turkey Sausage Biscuit  
Or  
Blueberry Pop Tarts 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



or



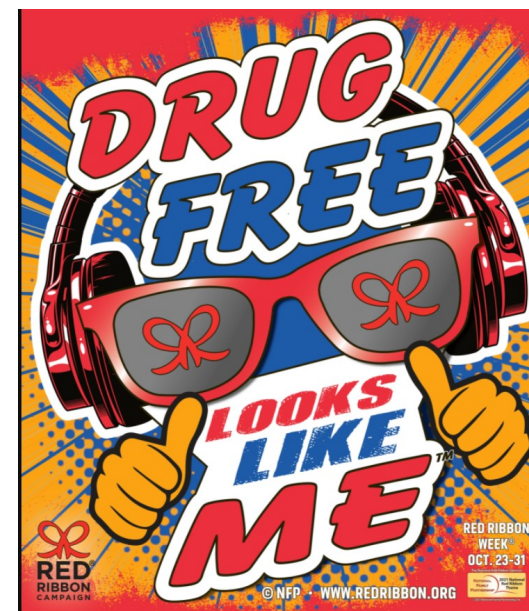
and at  
least  
three  
items  
total



**Milk Served with All Meals**



Monday, October 18	Tuesday, October 19	Wednesday, October 20	Thursday, October 21	Friday, October 22
<b>Great Beginnings</b> Cinnamon Toast Crunch Bowl (2oz) Or Mini WG French Toast V  <b>Fruity Delights</b> Orange Juice Fresh Gala Apple	<b>Great Beginnings</b> Turkey Sausage Biscuit Or Raspberry Yogurt with Granola V  <b>Fruity Delights</b> Apple Juice Sliced Peaches	<b>Great Beginnings</b> Assorted Cereal with Graham Crackers V Or Cinnamon Roll V  <b>Fruity Delights</b> Orange Juice Banana	<b>Great Beginnings</b> Chicken Biscuit Or Mini WG Waffles V  <b>Fruity Delights</b> Mixed Fruit Juice Fresh Fruit	<b>Great Beginnings</b> Assorted Cereal (1oz) with Biscuit V Or Bagel with Cream Cheese V  <b>Fruity Delights</b> Orange Tangerine Juice Fruit Cocktail



Monday, October 25	Tuesday, October 26	Wednesday, October 27	Thursday, October 28	Friday, October 29
<b>Great Beginnings</b> Spicy Chicken Biscuit or Reduced Sugar Fruit Loops with Graham Crackers V  <b>Fruity Delights</b> Orange Tangerine Juice Fresh Gala Apple	<b>Great Beginnings</b> Turkey Sausage Biscuit Or Blueberry Pop Tarts V  <b>Fruity Delights</b> Mixed Fruit Juice Sliced Peaches	<b>Great Beginnings</b> Pancake N Link or Cinnamon Oatmeal Round V  <b>Fruity Delights</b> Apple Juice Banana	<b>Great Beginnings</b> Chicken Biscuit or Whole Grain Chocolate Muffin & Cheese Cubes V  <b>Fruity Delights</b> Orange Tangerine Juice Fresh Apple	<b>Great Beginnings</b> Assorted Cereal (1oz) with Biscuit V or Strawberry Banana Yogurt & Granola V  <b>Fruity Delights</b> Mixed Fruit Juice Fruit Cocktail