

October 2023

Elementary Breakfast

| MON | TUE | WED | THU | FRI |
|---|---|--|--|--|
| 2 Great Beginnings Pancake N Link Reduced Sugar Frosted Flakes with Cheese Stick Select 1-2: Grape Juice Fresh Orange Wedges | 3 Great Beginnings Breakfast Pizza Apple Crunch Parfait Select 1-2: Apple Juice Diced Pears | 4 Great Beginnings Turkey Sausage Biscuit School Baked Cinnamon Roll Select 1-2: Orange Tangerine Juice Fresh Apple Wedges | 5 Great Beginnings Whole Grain Pancakes Cinnamon Chex with Toast <i>With: Cheese Grits</i> Select 1-2: Fruit Punch Juice Fresh Pear | 6  |
| 9  | 10 Great Beginnings Belgian Waffle Cheesy Scrambled Eggs with Toast Select 1-2: Apple Juice Diced Peaches | 11 Great Beginnings Scrambled Egg & Cheese Bagel Raspberry Yogurt with Cinnamon Goldfish Grahams Select 1-2: Orange Tangerine Juice Fresh Apple Wedges | 12 Great Beginnings French Toast Sticks Spinach & Cheese Omelet with Toast <i>With: Southern Grits</i> Select 1-2: Fruit Punch Juice Fresh Banana | 13 Great Beginnings Chicken with Biscuit Breakfast Burrito with Salsa <i>With: Southern Grits</i> Select 1-2: Assorted Juice Assorted Fresh Fruit |
| 16 Great Beginnings Pancake N Link Reduced Sugar Frosted Flakes with Cheese Stick Select 1-2: Grape Juice Fresh Orange Wedges | 17 Great Beginnings Breakfast Pizza Apple Crunch Parfait Select 1-2: Apple Juice Diced Pears | 18 Great Beginnings Turkey Sausage Biscuit School Baked Cinnamon Roll Select 1-2: Orange Tangerine Juice Fresh Apple Wedges | 19 Great Beginnings Whole Grain Pancakes Frosted Mini Wheats with Toast <i>With: Cheese Grits</i> Select 1-2: Fruit Punch Juice Fresh Pear | 20 Great Beginnings Scrambled Eggs /Toast With Turkey Bacon Cinnamon Breakfast Round Select 1-2: Assorted Juice Applesauce |
| 23 Great Beginnings Turkey Sausage Biscuit Frosted Mini Wheats with Biscuit Select 1-2: Grape Juice Fresh Orange Wedges | 24 Great Beginnings Belgian Waffle Cheesy Scrambled Eggs with Toast Select 1-2: Apple Juice Diced Peaches | 25 Great Beginnings Scrambled Egg & Cheese Bagel Raspberry Yogurt with Cinnamon Goldfish Grahams Select 1-2: Orange Tangerine Juice Fresh Apple Wedges | 26 Great Beginnings French Toast Sticks Spinach & Cheese Omelet with Toast <i>With: Southern Grits</i> Select 1-2: Fruit Punch Juice <i>Farm to School Pear</i>  | 27 Great Beginnings Chicken with Biscuit Breakfast Burrito with Salsa <i>With: Southern Grits</i> Select 1-2: Assorted Juice Assorted Fresh Fruit |
| 30 Great Beginnings Pancake N Link Reduced Sugar Frosted Flakes with Cheese Stick Select 1-2: Grape Juice Fresh Orange Wedges | 31 Great Beginnings Breakfast Pizza Apple Crunch Parfait Select 1-2: Apple Juice Diced Pears | 1 Great Beginnings Turkey Sausage Biscuit School Baked Cinnamon Roll Select 1-2: Orange Tangerine Juice Fresh Apple Wedges | 2 Great Beginnings Whole Grain Pancakes Frosted Mini Wheats with Toast <i>With: Cheese Grits</i> Select 1-2: Fruit Punch Juice Fresh Pear | 3 Great Beginnings Scrambled Eggs /Toast With Turkey Bacon Cinnamon Breakfast Round Select 1-2: Assorted Juice Applesauce |

V = Vegetarian Item

This institution is an equal opportunity provider.
Milk is available with all meals.