

Monday

Tuesday

Wednesday

Thursday

Friday



National School Breakfast Week

1
Southern Style Biscuits & Gravy
WG Biscuit
Turkey Sausage Gravy
Juice
Choice of Fruit
Choice of Milk

4
Breakfast Bowl
Turkey Crumbles, w Peppers & Onions
Whole Grain Rice
Scrambled Eggs
Salsa
Juice
Choice of Fruit
Choice of Milk

5
Green Eggs & Ham
Spinach, Tomato & Diced Turkey Ham
WG Tortilla
Shredded Cheese
Juice
Choice of Fruit
Choice of Milk

6
Frittata
Roasted Potatoes
Very Berry Overnight Oatmeal
Juice
Choice of Fruit
Choice of Milk

7
Breakfast Boat
Potato Shell
Scrambled Eggs w/ Cheese
Turkey Bacon
Juice
Choice of Fruit
Choice of Milk

8
Build your own **EGGPOP**
Dip 'em, Dust 'em or Stick 'em
Hardboiled Egg
Your Choice of Toppings
Maple Glazed French Toast Bites
Juice
Choice of Fruit
Choice of Milk



11
Chicken Sausage Stuffed Croissant
Juice
Choice of Fruit
Choice of Milk

12
Fruit & Parfait with Dannon Yogurt Or Cinnamon Blueberry Trifle
Juice
Choice of Fruit
Choice of Milk

13
Grits
Whole Grain Old Fashion Donut
Turkey Bacon
Juice
Choice of Fruit
Choice of Milk

14
Whole Grain French toast or Belgium Waffle
Scrambled Egg Patty
Juice
Choice of Fruit
Choice of Milk

15
Pancakes
Your choice of Fruit Toppings
Turkey Sausage Links
Juice
Choice of Fruit
Choice of Milk

18
Southern Chicken Biscuit
WG Biscuit
Deep Fried Chicken Breast Cutlet
Juice
Choice of Fruit
Choice of Milk

19
Egg & Cheese Toasted English Muffin
Juice
Choice of Fruit
Choice of Milk

20
Oatmeal
Your choice of Fruit Toppings
Turkey Sausage
Juice
Choice of Fruit
Choice of Milk

21
WG Cinnamon Pretzel Stick or Cinnamon Roll
Cheese Stick
Juice
Choice of Fruit
Choice of Milk

22
WG Texas Toast
Hash browns
Cheese Omelet
Juice
Choice of Fruit
Choice of Milk



BREAKFAST INCLUDES: One Serving of Fruit, Juice, One Serving of Grain or Bread, One Low Fat or Fat Free Milk Served Daily

