

October

2023

Atlanta Community Schools

Breakfast Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Mini Waffle Choice of fruit Choice of Milk	3 Choice of Muffin or Cereal Choice of Fruit Choice of Milk	4 Pancake Bites Choice of Fruit Choice of Milk	5 French Toast Sticks Choice of Fruit Choice of Milk	6 Donut Yogurt Choice of Fruit Choice of Milk	7
8	9 Poptart Choice of Fruit Choice of Milk	10 Banana Bread Choice of Fruit Choice of Milk	11 Cinnamon Blueberry Twist Choice of Fruit Choice of Milk	12 Bagel W/ cream cheese Choice of Fruit Choice of Milk	13 Bacon, Egg & Cheese Scramble Choice of Fruit Choice of Milk	14
15	16 Breakfast Round Choice of Fruit Choice of Milk	17 Breakfast Kit Choice of Fruit Choice of Milk	18 Apple Cinnamon Texas Toast Choice of Fruit Choice of Milk	19 Lemon Bread Choice of Fruit Choice of Milk	20 Breakfast Scramble W/ Toast Choice of Fruit Choice of Milk	21
22	23 Omelet w/ Toast Choice of Fruit Choice of Milk	24 Sausage Pancake Bites Choice of Fruit Choice of Milk	25 Chocolate Chips Oatmeal Bars Choice of Fruit Choice of Milk	26 Bagel w/ Cream Cheese Choice of Fruit Choice of Milk	27 Yogurt Parfait Choice of Fruit Choice of Milk	28
29	30	31				

	Egg & Cheese Burrito Choice of Fruit Choice of Milk	Donut Choice of Fruit Choice of Milk				

Breakfast & Lunch is free to all students

Menu is subject to change. This institution is an equal opportunity provider and employer.

1. Fresh fruit & vegetable are offered daily
2. No trans-fat in the food offered
3. All breads and grains offered are whole grain
4. Calories are limited for different grade levels
5. Only nonfat and flavored nonfat milk offered
6. Students must have a fruit or vegetable with their meal
7. Reduced sodium items such as cheese, taco meat, turkey breast, pizza and more purchased
8. Low fat dressings for salads are offered
9. An alternative meal can be substituted of peanut butter and jelly sandwich, goldfish & cheese stick. If the student doesn't want the meal planned for the day
10. Cereal, muffin, cheese stick, fruit juice & milk offered every day at breakfast
11. Fresh vegetable bar offered daily at lunch