

December

2023

Atlanta Community Schools

Breakfast Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ Breakfast Scramble W/ Toast Choice of Fruit & Milk	²
³	⁴ Cinnamon Bun Choice of Fruit & Milk	⁵ Pancake Sausage Sandwich Choice of Fruit & Milk	⁶ Banana Bread Choice of Fruit & Milk	⁷ Donut Yogurt Choice of Fruit & Milk	⁸ Pop-Tart Choice of Fruit & Milk	⁹
¹⁰	¹¹ Egg Omelet W/ toast Choice of Fruit & Milk	¹² Lemon Bread Choice of Fruit & Milk	¹³ French toast Hash Brown Choice of Fruit & Milk	¹⁴ Bagel Cream cheese Choice of Fruit & Milk	¹⁵ English Muffin Sandwich Choice of Fruit & Milk	¹⁶
¹⁷	¹⁸ Egg & Cheese Burrito Choice of Fruit & Milk	¹⁹ Pancake Bite Choice of Fruit & Milk	²⁰ Mini French toast Choice of Fruit & Milk	²¹ Chocolate Oatmeal bar Choice of Fruit & Milk	²² No School Christmas Break Begins	²³
²⁴	²⁵ No School Christmas Break	²⁶ No School Christmas Break	²⁷ No School Christmas Break	²⁸ No School Christmas Break	²⁹ No School Christmas Break	³⁰
³¹						

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