

February

2024

Atlanta Community Schools

Breakfast Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Donut Yogurt Choice of Fruit Choice of Milk	2 Pop-tart Choice of Fruit Choice of Milk	3
4	5 Egg Omelet W/ Toast & potatoes Choice of Fruit Choice of Milk	6 Banana Bread Choice of Fruit Choice of Milk	7 French Toast Hash brown Choice of Fruit Choice of Milk	8 Bagel W/cream Cheese Choice of Fruit Choice of Milk	9 English Muffin Sandwich Choice of Fruit Choice of Milk	10
11	12 Egg & Cheese Burrito Choice of Fruit Choice of Milk	13 Donut Choice of Fruit Choice of Milk	14 Mini French Toast Choice of Fruit Choice of Milk	15 Chocolate Oatmeal Bar Choice of Fruit Choice of Milk	16 Yogurt Parfait Choice of Fruit Choice of Milk	17
18	19 No School	20 Choice of Cereal or Muffin Choice of Fruit Choice of Milk	21 Over Night Oatmeal Choice of Fruit Choice of Milk	22 Cinnamon Bun Choice of Fruit Choice of Milk	23 Breakfast Sandwich Choice of Fruit Choice of Milk	24
25	26 Pop-Tart Choice of Fruit Choice of Milk	27 Lemon Bread Choice of Fruit Choice of Milk	28 Cinnamon Blueberry Twist Choice of Fruit Choice of Milk	29 Bagel W/cream Cheese 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