

January

2024

Atlanta Community Schools

Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No School	2 Muffin/ Cereal Choice of Fruit Choice of Milk	3 Cinnamon Bun Choice of Fruit Choice of Milk	4 French Toast Sticks Choice of Fruit Choice of Milk	5 Donut Holes Yogurt Choice of Fruit Choice of Milk	6
7	8 Pop Tart Choice of Fruit Choice of Milk	9 Banana Bread Choice of Fruit Choice of Milk	10 Cinnamon Blueberry Twist Choice of Fruit Choice of Milk	11 Bagel W/ Cream Cheese Choice of Fruit Choice of Milk	12 Bacon, Egg & Cheese Scramble W/toast Choice of Fruit Choice of Milk	13
14	15 No School	16 Sausage Pancake Bites Choice of Fruit Choice of Milk	17 Chocolate Chip Oatmeal Bar Choice of Fruit Choice of Milk	18 Omelet W/toast Choice of Fruit Choice of Milk	19 Yogurt Parfait Choice of Fruit Choice of Milk	20
21	22 Breakfast Round Choice of Fruit Choice of Milk	23 Breakfast Kit Choice of Fruit Choice of Milk	24 Apple Cinnamon Texas Toast Choice of Fruit Choice of Milk	25 Lemon Bread Choice of Fruit Choice of Milk	26 Breakfast Scramble W/ Toast Choice of Fruit Choice of Milk	27
28	29 Cinnamon Bun Choice of Fruit Choice of Milk	30 Muffin/ Cereal Choice of Fruit Choice of Milk	31 Banana Bread 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