

March

2023

Atlanta Community Schools

Breakfast Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ Breakfast Kit Fruit & Milk	² Breakfast Sandwich Fruit & Milk	³ Cereal Fruit & Milk	⁴
⁵	⁶ Muffins Fruit & Milk	⁷ PopTart Fruit & Milk	⁸ Breakfast Round Fruit & Milk	⁹ Bacon, Egg & cheese Burrito Fruit & Milk	¹⁰ Donut Stick Yogurt Fruit & Milk	¹¹
¹²	¹³ Egg Omelet w/ Toast Fruit & Milk	¹⁴ Golden Grams Cereal Bars Fruit & Milk	¹⁵ Butterscotch Oatmeal Bar Fruit & Milk	¹⁶ Bagel w/ Cream cheese Fruit & Milk	¹⁷ Yogurt Parfait Fruit & Milk	¹⁸
¹⁹	²⁰ Spring Break	²¹ Spring Break	²² Spring Break	²³ Spring Break	²⁴ Spring Break	²⁵
²⁶	²⁷ Egg Cheese Burrito Fruit & Milk	²⁸ Banana Bread Fruit & Milk	²⁹ Bacon, Egg, Cheese Scramble w/ toast Fruit & Milk	³⁰ Mini French Toast Fruit & milk	³¹ Bagel w/ cream Cheese Fruit & Milk	

Breakfast & Lunch is free to all students.

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

1. Fresh fruit and a 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 & veggie with their meal.
7. Reduced sodium items such as cheese, taco meat, turkey breast, pizza and more are purchased.
8. Low fat dressings for salads are offered.
9. An alternative meal can be substituted of peanut butter and jelly sandwich with 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 veggie bar offered daily at lunch.