

November

2023

Atlanta Community Schools

Breakfast menu



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