

September

2023

Atlanta Community School

Breakfast Menu



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

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 or 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, gold fish & 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.