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| November |
| 2022 |
| Atlanta Community Schools |

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| Breakfast Menu | Atlanta Schools Homepage |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | Breakfast RoundGo GurtFruit & Milk | Breakfast KitFruit & Milk | Breakfast Sandwich Fruit & Milk | Mini PancakesFruit & Milk |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | Egg Omelet w/ ToastFruit & Milk | Golden Grams Cereal BarsFruit & Milk | Butterscotch Oatmeal BarFruit & Milk | Bagel w/ Cream cheeseFruit & Milk | Yogurt ParfaitFruit & Milk |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | Mini PancakesFruit & Milk | No SchoolSafety Day | Egg Omelet w/ ToastFruit & Milk | Breakfast Sandwich Fruit & Milk | Donut StickYogurtFruit & Milk |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | Egg Cheese BurritoFruit & Milk | Banana BreadFruit & Milk | Mini French ToastFruit & Milk | No SchoolThanksgiving Break | No SchoolThanksgiving |  |
| 27 | 28 | 29 | 30 |  |  |  |
|  | Breakfast RoundGo GurtFruit & Milk | Banana BreadFruit & Milk | Mini PancakesFruit & Milk |  |  |  |
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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.