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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 Round  Go Gurt  Fruit & Milk | Breakfast Kit  Fruit & Milk | Breakfast Sandwich  Fruit & Milk | Mini Pancakes  Fruit & Milk |  |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | Egg Omelet w/ Toast  Fruit & Milk | Golden Grams Cereal Bars  Fruit & Milk | Butterscotch Oatmeal Bar  Fruit & Milk | Bagel w/ Cream cheese  Fruit & Milk | Yogurt Parfait  Fruit & Milk |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | Mini Pancakes  Fruit & Milk | No School  Safety Day | Egg Omelet w/ Toast  Fruit & Milk | Breakfast Sandwich  Fruit & Milk | Donut Stick  Yogurt  Fruit & Milk |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | Egg Cheese Burrito  Fruit & Milk | Banana Bread  Fruit & Milk | Mini French Toast  Fruit & Milk | No School  Thanksgiving Break | No School  Thanksgiving |  |
| 27 | 28 | 29 | 30 |  |  |  |
|  | Breakfast Round  Go Gurt  Fruit & Milk | Banana Bread  Fruit & Milk | Mini Pancakes  Fruit & 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.