



SOUTHERN FULTON SCHOOL DISTRICT BREAKFAST MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school breakfast price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable breakfast
Meal or meal alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Daily Fruit Selection May include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Cereal choice May include:
Cinnamon toast Crunch
Trix
Cocoa Puffs
Lucky Charms
Cheerios
Fruit Loops

Menu Subject to Change

Breakfast Prices
Student Elementary .95
Student High School 1.20
Reduced \$.30
Adult \$1.50

Jaime Barnard, Cafeteria Manager

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 English Muffin with Sausage or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>3 Bagel Egg and Cheese Omelet or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>4 Breakfast Pizza or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>5 Pancake on a stick with Sausage or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>6 Egg and Cheese on Croissant or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>
<p>9 Blueberry Muffin or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>10 Cinnamon Rolls or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>11 Funnel Cake or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>12 Breakfast Pizza or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>13 Soft Pretzel with cheese or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>
<p>16 Cinnamon Rolls or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>17 Breakfast Pizza or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>18 Pancakes in a bag with sausage or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>19 Bacon Egg and Cheese Biscuit or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>20 French Toast Sticks or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>
<p>23 Poptarts or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>24 Breakfast Pizza or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>25 Pancakes on a stick or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>26 French Toast Sticks Sausage or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p>27 Egg and Cheese on Croissant or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>
<p>30 Fruit Churro or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>		<p>New myschoolaccount.com Feature we now accept credit card online at myschoolaccount.com</p>		