



February 2019

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

New myschoolaccount.com Feature we now accept credit card online at myschoolaccount.com

Cereal choice May include:

- Cinnamon toast Crunch
- Trix
- Cocoa Puffs
- Lucky Charms
- Cheerios
- Fruit Loops

Menu Subject to Change



Breakfast Prices
 Student Elementary 1.05
 Student High School 1.30
 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

4
 BlueBerry Muffin
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

5
 Cheese Omelet with sausage
 with biscuit
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

6
 Funnel Cake
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

7
 Breakfast Pizza
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

8
 Cinnamon Roll
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

11
 Yogurt
 With Graham cracker
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

12
 Breakfast Pizza
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

13
 Soft Pretzel with cheese
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

14
 Bacon Egg and Cheese
 with roll
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

15
 Waffle with bacon
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

18
 Poptarts
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

19
 Pancake on a stick with
 Sausage
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

20
 Pancakes in a bag
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

21
 French Toast Slicks
 Sausage
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

22
 Egg and Cheese on Croissant
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

25
 Doughnuts
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

26
 Breakfast Pizza
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

27
 Funnel Cake
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

28
 Egg and Cheese on Biscuit
 or
 Assorted Cereals

Assorted 100% Fruit Juice
 or Assorted Fresh Fruit or
 Assorted Canned Fruit
 Choice of Milk

29
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