

May 2018



# 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><b>1</b></p> <p>Waffles and Bacon or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>1</b></p> <p>Waffles and Bacon or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>2</b></p> <p>Breakfast Pizza or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>3</b></p> <p>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><b>4</b></p> <p>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><b>7</b></p> <p>Blueberry Muffin or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>8</b></p> <p>Cinnamon Rolls or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Funnel Cake or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Breakfast Pizza or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>11</b></p> <p>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><b>14</b></p> <p>Cinnamon Rolls or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>15</b></p> <p>Yogurt With Graham cracker or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>16</b></p> <p>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><b>17</b></p> <p>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><b>18</b></p> <p>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><b>21</b></p> <p>Poptarts or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>22</b></p> <p>Breakfast Pizza or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>23</b></p> <p>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><b>24</b></p> <p>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><b>25</b></p> <p>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><b>28</b></p> <p>No School</p>	<p><b>29</b></p> <p>Cooks Choice or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Cooks Choice or Assorted Cereals</p> <p>Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk</p>	<p><b>31</b></p> <p>No School</p>	<p><b>1</b></p> <p>Last Day Cooks Choice</p> <p>No Breakfast Brunch will be served at 9:00</p>