

Southern Fulton School District Breakfast Menu November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
10/31/22	11/1/22	11/2/22	11/3/22	11/4/22
Cinnamon Roll OR Cereal choice Choice of Juice Choice of Milk	Waffles OR Cereal choice Choice of Juice Choice of Milk	Bacon Egg and Cheese Sandwich OR Cereal choice Choice of Juice Choice of Milk	Banana Bread OR Cereal choice Choice of Juice Choice of Milk	Muffins OR Cereal choice Choice of Juice Choice of Milk
11/7/22	11/8/22	11/9/22	11/10/22	11/11/22
Strawberry Mini Bagel OR Cereal choice Choice of Juice Choice of Milk	Pancake with sausage OR Cereal choice Choice of Juice Choice of Milk	Danish OR Cereal choice Choice of Juice Choice of Milk	Apple Strudel OR Cereal choice Choice of Juice Choice of Milk	No School
11/14/22	11/15/22	11/16/22	11/17/22	11/18/22
Donuts OR Cereal choice Choice of Juice Choice of Milk	Cinnamon Roll OR Cereal choice Choice of Juice Choice of Milk	Pancake on a Stick OR Cereal choice Choice of Juice Choice of Milk	Yogurt and Graham Crackers OR Cereal choice Choice of Juice Choice of Milk	Muffins OR Cereal choice Choice of Juice Choice of Milk
11/21/22	11/22/22	11/23/22	11/24/22	11/25/22
Poptart Or Cereal Choice of Fruit Juice Choice of Milk	Pancake on a Stick Or Cereal Choice of Fruit Juice Choice of Milk	No School	No School	No School
11/28/22	11/29/22	11/30/22	12/1/22	12/2/22
No School	No School	French Toast Sticks with Syrup Or Cereal Choice of Fruit Juice Choice of Milk	Breakfast Pizza Or Cereal Choice of Fruit Juice Choice of Milk	Bacon Egg Cheese Sandwich Or Cereal Choice of Fruit Juice Choice of Milk

What is a Meal?
 You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of:
Grain or grain protein
Fruit
 (must take at least a 1/2 cup)
Milk
 (1% white or chocolate)

One Free Breakfast to all Students beginning October 1.

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USDA is an equal opportunity provider and employer.