






October 2013

High School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 **Biscuit & Gravy Sausage Biscuit Chicken Biscuit	2 COLLABORATIVE DAY French Toast Sticks & Syrup Sausage Biscuit Chicken Biscuit	3 Grits Cheddar Cheese Scrambled Eggs Sausage Biscuit Chicken Biscuit	4 Blueberry Glazed Pancakes Sausage Biscuit Chicken Biscuit 	
7 Sunrise Flatbread Pizza Sausage Biscuit Chicken Biscuit	8 **Biscuit & Gravy Sausage Biscuit Chicken Biscuit	9 Cinnamon Glazed Pancakes Sausage Biscuit Chicken Biscuit	10 Grits Cheddar Cheese Scrambled Eggs Sausage Biscuit Chicken Biscuit	11 French Toast Sticks & Syrup Sausage Biscuit Chicken Biscuit
14 **Breakfast Pizza Sausage Biscuit Chicken Biscuit	15 **Biscuit & Gravy Sausage Biscuit Chicken Biscuit	16 Waffles & Syrup Sausage Biscuit Chicken Biscuit	17 Grits Cheddar Cheese Scrambled Eggs Sausage Biscuit Chicken Biscuit	18 Eggo Choc. Chip French Toast Minis Sausage Biscuit Chicken Biscuit
21 Sunrise Flatbread Pizza Sausage Biscuit Chicken Biscuit	22 **Biscuit & Gravy Sausage Biscuit Chicken Biscuit	23 Eggo Maple Minis Sausage Biscuit Chicken Biscuit	24 Grits Cheddar Cheese Scrambled Eggs Sausage Biscuit Chicken Biscuit	25 French Toast Sticks & Syrup Sausage Biscuit Chicken Biscuit 
28 **Breakfast Pizza Sausage Biscuit Chicken Biscuit	29 **Biscuit & Gravy Sausage Biscuit Chicken Biscuit	30 French Toast Sticks & Syrup Sausage Biscuit Chicken Biscuit	31  Grits Cheddar Cheese Scrambled Eggs Sausage Biscuit Chicken Biscuit	

MEALTIME MESSAGE

Breakfast \$1.25

Fruit and/or Juice also offered daily with Breakfast.

Assorted Milk Choices Available Daily for Breakfast and Lunch:
 1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

Served Everyday

Cereal & Toast
 Yogurt & Muffin
 Yogurt Parfait

Fun Facts About Eggs:

An egg shell has as many as 17,000 pores over its surface.

A hen can lay about 250 eggs per year.

In the US, about 280 million hens produce more than 65 billion eggs per year.

** Contains Pork

Menu Items subject to change based upon availability.



Nondiscrimination Statement: This institution is an equal opportunity provider.
 Make payments easily & safely using LunchPrePay.com

