## Atlanta Community Schools

## Breakfast Menu



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  | French Toast Choice of Fruit Choice of Milk | Cinnamon Bun Choice of Fruit Choice of Milk | Donut Yogurt Choice of Fruit Choice of Milk | 4 |
| 5 | Breakfast Round Choice of Fruit Choice of Milk | Breakfast Kit Choice of Fruit Choice of Milk | Apple Cinnamon Texas Toast Choice of Fruit Choice of Milk | Lemon Bread Choice of Fruit Choice of Milk | Breakfast Scramble W/toast Choice of Fruit Choice of Milk | 11 |
| 12 | Egg Omelet W/ toast Choice of Fruit Choice of Milk | Banana Bread Choice of Fruit Choice of Milk | French Toast Hash browns Choice of Fruit Choice of Milk | Bagel <br> Cream Cheese Choice of Fruit Choice of Milk | English Muffin Sandwich Choice of Fruit Choice of Milk | 18 |
| 19 | Cinnamon Bun Choice of Fruit Choice of Milk | Pancake Sausage wrap Choice of Fruit Choice of Milk | Berry Bread Choice of Fruit Choice of Milk | Donut Yogurt Choice of Fruit Choice of Milk | Pop-tart Choice of Fruit Choice of Milk | 25 |
| 26 | $27$ <br> No School Memorial Day | $28$ <br> Banana Bread Choice of Fruit Choice of Milk | Cinnamon Blueberry Twist Choice of Fruit Choice of Milk | Chocolate Cherry Granola Bar Choice of Fruit Choice of Milk | Bacon, Egg \& Cheese Scramble W/ toast Choice of Fruit Choice of Milk |  |
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Breakfast \& Lunch is free to all students
Menu is subject to change. This institution is an equal opportunity provider and employer.

1. Fresh fruit \& vegetable are offered daily
2. No trans-fat in the food offered
3. All breads and grains offered are whole grain
4. Calories are limited for different grade levels
5. Only nonfat and flavored nonfat milk offered
6. Students must have a fruit or vegetable with their meal
7. Reduced sodium items such as cheese, taco meat, turkey breast, pizza and more purchased
8. Low fat dressings for salads are offered
9. An alternative meal can be substituted of peanut butter and jelly sandwich, goldfish \& cheese stick. If the student doesn't want the meal planned for the day
10. Cereal, muffin, cheese stick, fruit juice \& milk offered every day at breakfast
11. Fresh vegetable bar offered daily at lunch
