




# What's on the Menu?

## Elem & Secondary Breakfast Menu: Grab n Go

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 Maple Waffles</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit juice Fresh fruit</p>	<p>1  Chicken Biscuit</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Apple</p>	<p>2 Cheesy Grits</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Orange</p>	<p>3 Apple Frudel</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Grapes</p>	<p>4 Assorted Pop tarts</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Whole Ripe Banana</p>
<p>7 Assorted muffin Yogurt Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Pear</p>	<p>8 Pancake on the stick</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Orange</p>	<p>9 Grits &amp; Sausage</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Apple</p>	<p>10  Cini Mini</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Whole Ripe Banana</p>	<p>11 French toast sticks</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Grapes</p>
<p>14 Blueberry Waffles</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Plum</p>	<p>15 Toasted Ham Breakfast Sandwich Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Grapes</p>	<p>16  Mini Bagel</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Banana</p>	<p>17 Grits &amp; Sausage</p> <p>Assorted Cereal Graham cracker</p> <p>100% Fruit Juices Orange</p>	<p>18 Mini Maple Pancakes Assorted Cereal Graham cracker</p> <p>100% Fruit Juices  Pear</p>



Vegetarian



Locally Grown

**BREAKFAST:** A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.

This institution is an equal opportunity provider.