
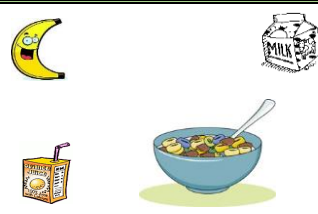


Breakfast

SEPTEMBER 2017

Ringgold Elementary

				FRIDAY 1	
		<h2>Fuel Up with Breakfast</h2>			Sausage or Chicken Biscuit w/gravy OR Sausage or Chicken Biscuit Fruit and Yogurt Parfait Choice of Cereal with Toast Jelly offered with Toast
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	
LABOR DAY/NO SCHOOL	Chicken Biscuit OR Cinnamon Toast and Yogurt Choice of Cereal with Toast Jelly offered with Toast	Super Doughnut with Cheese Stick OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Scrambled Eggs w/toast OR Cinnamon Toast w/Oatmeal Choice of Cereal with Toast Jelly offered with Toast	Sausage or Chicken Biscuit w/gravy OR Sausage or Chicken Biscuit Fruit and Yogurt Parfait Choice of Cereal with Toast Jelly offered with Toast	
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	
Blueberry Pancake on a stick/syrup OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Chicken Biscuit OR Cinnamon Toast and Yogurt Choice of Cereal with Toast Jelly offered with Toast	Waffles w/syrup OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Breakfast Pizza OR Cinnamon Toast w/Oatmeal Choice of Cereal with Toast Jelly offered with Toast	Sausage or Chicken Biscuit w/gravy OR Sausage or Chicken Biscuit Fruit and Yogurt Parfait Choice of Cereal with Toast Jelly offered with Toast	
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	
Pancake on a Stick with Syrup OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Chicken Biscuit OR Cinnamon Toast and Yogurt Choice of Cereal with Toast Jelly offered with Toast	Super Doughnut with Cheese Stick OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Scrambled Eggs w/toast OR Cinnamon Toast w/Oatmeal Choice of Cereal with Toast Jelly offered with Toast	Sausage or Chicken Biscuit w/gravy OR Sausage or Chicken Biscuit Fruit and Yogurt Parfait Choice of Cereal with Toast Jelly offered with Toast	
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	
Blueberry Pancake on a stick/syrup OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Chicken Biscuit OR Cinnamon Toast and Yogurt Choice of Cereal with Toast Jelly offered with Toast	Waffles w/syrup OR Fruit and Yogurt Parfait w/granola Choice of Cereal with Toast Jelly offered with Toast	Breakfast Pizza OR Cinnamon Toast w/Oatmeal Choice of Cereal with Toast Jelly offered with Toast	Sausage or Chicken Biscuit w/gravy OR Sausage or Chicken Biscuit Fruit and Yogurt Parfait Choice of Cereal with Toast Jelly offered with Toast	