

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1

Grits & Sausage Bowl  
Honey Graham Crackers  
Mini Bagels

2

Filled Cereal Bars  
Assorted Cereals  
Juice

3

Assorted Cereals  
Yogurt  
Honey Bun

4

Mini French Toast Sticks/Syrup  
Assorted Pop Tarts



**World Smile Day!**

7

Mini Waffles/Maple Syrup  
Nutri Grain Bars  
Yogurt

8

Grits & Sausage Bowl  
Honey Graham Crackers  
Assorted Cereals  
Juice

9

Ham & Cheese Croissant  
Assorted Pop Tarts

10

Chicken Biscuit  
Mini Donuts  
Juice

11

Breakfast on a Stick  
Assorted Cereals

14

French Toast Sticks  
Assorted Cereals  
Graham Crackers

15

Grits & Sausage Bowl  
Honey Graham Crackers  
Assorted Pop Tarts  
Juice

16

Breakfast Pizzas  
Assorted Cereals

17

Cheese Toast  
Baby Sausage Links  
Goody Ring Pastry

18

**Fall Break  
Schools Closed**

21

Sausage/Cheese/Egg Wrap  
Nutri Grain Bars  
Yogurt  
Juice

22

Grits & Sausage Bowl  
Honey Graham Crackers  
Mini Bagels

23

Confetti Pancakes/Syrup  
Assorted Mini Donuts

24

Blueberry Muffin  
Assorted Cereals

25

Chicken Biscuit  
Mini Cinnis  
Juice

28

Sausage Biscuit  
Assorted Pop Tarts

29

Grits & Sausage Bowl  
Honey Graham Crackers  
Assorted Cereals  
Juice

30

Mini French Toast Sticks/Syrup  
Honey Bun

31

Ham & Cheese Croissant  
Breakfast Donut



Students have a choice of fruit & milk at all meals. Eating a balanced breakfast each day can give students the fuel they need to learn! Make sure your child gets to school in time to eat a healthy breakfast!