

September 2020

All Coffee County Schools

BREAKFAST



September 7: Schools closed for Labor Day

September 11: Patriot Day

September 17: Progress Reports; Parent/Teacher Conference Day; Early Release



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Monday

Tuesday

Wednesday

Thursday

Friday



World School Milk Day is September 30!

Chicken Biscuit
Assorted Dry Cereals
Choice of Fruit
Choice of Milk **1**

Assorted Dry Cereals
Assorted Pillsbury Frudels
Choice of Fruit
Choice of Milk **2**

Steak Biscuit
Assorted Pop Tarts
Choice of Fruit
Choice of Milk **3**

Assorted Dry Cereals
Mini Pancakes
Choice of Fruit
Choice of Milk **4**

Labor Day
Schools Closed **7**

Ham & Cheese Croissant
Pancake Wrap
Choice of Fruit
Choice of Milk **8**

Steak Biscuit
Assorted Dry Cereals
Choice of Fruit
Choice of Milk **9**

Breakfast on a Stick
Blueberry Muffin
Choice of Fruit
Choice of Milk **10**

Assorted Dry Cereals
Goody Ring
Choice of Fruit
Choice of Milk **11**

Dunkin' Stick
Strawberry Yogurt
Assorted Pop Tarts
Choice of Fruit
Choice of Milk **14**

Bacon & Egg Biscuit
Goody Ring
Choice of Fruit
Choice of Milk **15**

Chicken Biscuit
Breakfast Donut
Choice of Fruit
Choice of Milk **16**

Sausage & Cheese
Croissant
Assorted Pillsbury Frudels
Choice of Fruit
Choice of Milk **17**

Assorted Dry Cereals
Dunkin' Stick
Choice of Fruit
Choice of Milk **18**

Ham & Cheese
Croissant
Assorted Pop Tarts
Choice of Fruit
Choice of Milk **21**

Chicken Biscuit
Assorted Dry Cereals
Choice of Fruit
Choice of Milk **22**

Sausage Biscuit
Dunkin' Stick
Choice of Fruit
Choice of Milk **23**

Bacon & Egg Biscuit
Honey Bun
Choice of Fruit
Choice of Milk **24**

Assorted Dry Cereals
Mini Pancakes
Choice of Fruit
Choice of Milk **25**

Assorted Dry Cereals
Breakfast Donut
Choice of Fruit
Choice of Milk **28**

Ham & Cheese
Croissant
Pancake Wrap
Choice of Fruit
Choice of Milk **29**

Steak Biscuit
Assorted Dry Cereals
Choice of Fruit
Choice of Milk **30**

