

2012-2013 Breathitt County Schools Breakfast Menu
w/Approximate Carbohydrate Counts in Grams for 1 Serving

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
(22) Bacon, Egg, & Cheese WG Biscuit (13) Orange Juice Milk (24) Chocolate (22) Strawberry (11) White	(30) French Toast Sticks w/Syrup (0)Turkey Sausage Links Orange Juice Milk	(0)Scrambled Eggs (15)Hashbrown (9)Jelly Orange Juice Milk	(17)Breakfast Pizza Orange Juice Milk	(25)Sausage Gravy & WG Biscuit (15)Glazed Apples Orange Juice Milk
(33) PB& Jelly Uncrustables Orange Juice Milk	(38)Chicken Vittles on Bun (15)Potato Rounds Orange Juice Milk	(30)Waffle w/Syrup (0)Turkey Sausage Links Orange Juice Milk	(0)Scrambled Eggs (15)Hashbrown (9)Jelly Orange Juice Milk	(25)Sausage Gravy & WG Biscuit (15)Glazed Apples Orange Juice Milk

NOTE: BHS will also serve breakfast pizza daily.

- (22) Honey Nut Cheerios, (22) Cinnamon Toast Crunch, (20) Cocoa Puffs, and (26) Frosted Flakes Cereal, (15) fresh fruit & (14) wheat toast will be offered daily.
- (20) Whole Grain Biscuits MUST BE MADE FROM SCRATCH.

MENU IS SUBJECT TO CHANGE DUE TO HOLIDAYS OR AVAILABILITY OF FOOD.

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