

McL High, Steen's, FES, RHS, RUES, RES, Pisgah

Monday



Tuesday

Wednesday

Thursday

Friday

1
Mini Cinnis
Southern Biscuit
Bacon Strips
Hot Grits
Fresh Bananas
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

2
Donuts, Variety
Variety of Cereal Bars
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

3
Breakfast Burrito
Hot Grits
Cereal Bowl Variety
Fresh Orange Smiles
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

4
Pancake Bites
Sausage & Pancake
on a Stick
Fresh Apples
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

7
FALL BREAK

8
FALL BREAK

9
FALL BREAK

10
FALL BREAK

11
FALL BREAK

14
STUDENT HOLIDAY

15
Assorted Breakfast Bread
Cheese Toast
Hot Grits
Fresh Fruit Bowl
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

16
Belgium Waffles
Breakfast Pizza
Fresh Fruit Bowl
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

17
Sausage and Biscuit
Hot Grits
Cereal Bowl Variety
Apple Slices in a Bag
Assorted Fruit Juices
Chocolate Milk

18
Dunkin Stix
Sausage & Pancake
on a Stick
Fresh Apples
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

21
Frudel
Cinnamon Crunch Filled
Pastry
Assorted Fruit Juices
Fresh Fruit Bowl
Low Fat Milk
Chocolate Milk

22
French Toast Sticks
Southern Biscuit
Bacon Strips
Fresh Bananas
Hot Grits
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

23
Cinnamon Rolls
Pancake Bites
Assorted Fruit Juices
Fresh Fruit Bowl
Chocolate Milk
Low Fat Milk

24
Breakfast Burrito
Hot Grits
Cereal Bowl Variety
Fresh Orange Smiles
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

25
Banana Muffin
Sausage & Pancake
on a Stick
Fresh Apples
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

28
Toaster Pastry
Assorted Muffin Loaves
Assorted Fruit Juices
Fresh Fruit Bowl
Low Fat Milk
Chocolate Milk

29
Mini Cinnis
Cheese Toast
Hot Grits
Fresh Fruit Bowl
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

30
Donuts, Variety
Breakfast Sausage Pizza
Fresh Fruit Bowl
Assorted Fruit Juices
Chocolate Milk
Low Fat Milk

31
Sausage and Biscuit
Hot Grits
Cereal Bowl Variety
Apple Slices in a Bag
Assorted Fruit Juices
Chocolate Milk
Fat Free Milk



Served Daily: Assorted Milks-Low fat, Chocolate, Strawberry, Vanilla Fat Free
Assorted Fruit Juices-Apple, Orange, Pineapple Orange
Condiments: Pancake Syrup, Assorted Jellies