BREAKFAST

## **SEPTEMBER 2024**

**K12 BREAKFAST** 

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

Monday Tuesday Wednesday Thursday Friday 2 3 Hot Grits Dunkin Stix Cinnamon Toast Crunch Apple Frudel 5 4 6 Sausage & Pancake on a Stic Cereal Pancake Bites Cinnamon Rolls Assorted Fruit Juices Hot Grits Bacon Strips Assorted Fruit Juices French Toast Sticks Fresh Fruit Bowl HOLIDAY Fresh Fruit Bowl Southern Biscuit Assorted Fruit Juices Chocolate Milk Assorted Fruit Juices Chocolate Milk Low Fat Milk Fresh Fruit Bowl Fresh Fruit Bowl Low Fat Milk Pancake Syrup Pancake Syrup **Dutch Waffle** Pumpkin Breakfast Bread Cocoa Puffs Cereal Sausage & Pancake on a Stick 9 10 French Toast Sticks 11 12 Hot Grits Lucky Charms Cereal Hot Grits Strawberry Toaster **Cinnamon Crunch Filled** Assorted Fruit Juices Sausage Patty Pastry Assorted Fruit Juices Pastrv Fresh Fruit Bowl Southern Biscuit Assorted Fruit Juices Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Fresh Fruit Bowl Low Fat Milk Fresh Fruit Bowl Chocolate Milk Low Fat Milk Chocolate Milk Chocolate Milk Low Fat Milk Pancake Syrup Low Fat Milk Low Fat Milk Cinnamon Toast Crunch Cerea Hot Grits 17 Dunkin Stix 18 Apple Frudel 20 **Chocolate Covered Donuts** 16 Breakfast Sausage Pizza Pancake Bites Sausage & Pancake on a Stic Cinnamon Rolls Hot Grits Assorted Fruit Juices Bacon Strips Assorted Fruit Juices Assorted Fruit Juices French Toast Sticks Fresh Fruit Bowl Southern Biscuit Fresh Fruit Bowl Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Assorted Fruit Juices Chocolate Milk Fresh Fruit Bowl Chocolate Milk Low Fat Milk Fresh Fruit Bowl Chocolate Milk Low Fat Milk Low Fat Milk Chocolate Milk Low Fat Milk Pancake Syrup Low Fat Milk Pancake Syrup Cocoa Puffs Cereal French Toast Sticks Dutch Waffle Mini Cinnis 23 24 25 26 Pumpkin Breakfast Bread Strawberry Toaster Pastry Hot Grits Sausage & Pancake on a Stic Lucky Charms Cereal Hot Grits Assorted Fruit Juices Cinnamon Crunch Filled Pastry Assorted Fruit Juices Sausage Patty Assorted Fruit Juices Fresh Fruit Bowl Fresh Fruit Bowl Southern Biscuit Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Chocolate Milk Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk Low Fat Milk Fresh Fruit Bowl Chocolate Milk Low Fat Milk Pancake Syrup Chocolate Milk Low Fat Milk Low Fat Milk Chocolate Covered Donuts 30 Breakfast Sausage Pizza Assorted Fruit Juices Fresh Fruit Bowl Chocolate Milk Low Fat Milk

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

"This institution is an equal opportunity provider."