

# Appling County School Nutrition **BREAKFAST MENU**

**2024-2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Hot Choice—Option 1</b>				
French Toast Sticks Sausage Links Syrup Cup Fruit /Juice Choices Milk	Breakfast Flatbread Pizza Fruit /Juice Choices Milk	Sausage Biscuit Potato Triangle Fruit/Juice Choices Milk	Pancake on a Stick Syrup Cup Fruit /Juice Choices Milk	Scrambled Eggs and Grits Toast with Jelly Fruit/Juice Choices Milk
<b>Cold Choice—Option 2</b>				
Assorted Cereal Bowls with Yogurt Cup w/ Granola Pack Fruit/Juice Choices Milk	Assorted Cereal Bowls with Assorted Pop-Tarts Fruit/Juice Choices Milk	Assorted Cereal Bowls with Assorted Muffins Fruit/Juice Choices Milk	Assorted Cereal Bowls with Yogurt Cup w/ Granola Pack Fruit/Juice Choices Milk	Assorted Cereal Bowls with Assorted Pop-Tarts Fruit/Juice Choices Milk
<b>Grab and Go—Option 3</b>				
Blueberry Donut Holes Cinnamon Toast Crunch Cereal Bar Fruit Choices Juice Box Milk	PB&J Uncrustable Sandwich Pop-Tart Fruit Choices Juice Box Milk	French Toast Crunchmania Muffin Fruit Choices Juice Box Milk	Powdered Sugar Donuts Yogurt Cup Fruit Choices Juice Box Milk	Strawberry Cream Cheese Bagel Strawberry Yogurt Chex Mix Fruit Choices Juice Box Milk

• MENU SUBJECT TO CHANGE •

Appling County School Nutrition Program

Student meals are served at no charge. Extra items and second meals are not included.

Adult Meal: \$2.90

A variety of fruit choices and juice options are offered daily.

Students must select a fruit or juice at breakfast.

Milk Choices Offered Daily

School breakfast gives students a healthy start to the day and supports academic achievement. All students are encouraged to take advantage of the school breakfast program!



Visit the Appling County School Nutrition website for Nutrition Education and Wellness resources!