

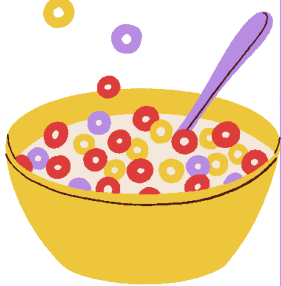


MES Breakfast

Cafeteria Manager: Ashley Thomas, 706-862-6036
School Nutrition Director: Brandie Wooten, 706-859-3054

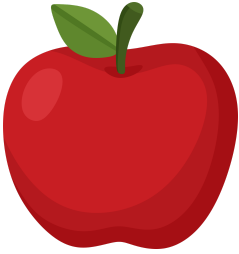
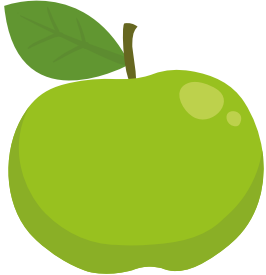
SEPTEMBER 2026

Eating an apple for breakfast provides approximately 95 calories, 4.4 grams of fiber, and 85% water content.
This helps you to feel full, supports steady blood sugar levels, and aids digestion, which is a fantastic way to start your day!



Notes		
 Harvest of the Month Calendar 		
JULY Peaches 	AUGUST Melons 	SEPTEMBER Apples  Celebrate PEANUTS 
OCTOBER Squash (SUMMER, WINTER, PUMPKIN) 	NOVEMBER Sweet Potatoes 	DECEMBER Lettuce  Celebrate CITRUS 
JANUARY Greens (COLLARD, MUSTARD, TURNIP) 	FEBRUARY Cruciferous Vegetables (CABBAGE, BROCCOLI, CAULIFLOWER)  Celebrate MILK 	MARCH Root Vegetables (CARROTS, BEETS, RADISHES) 
APRIL Strawberries  Celebrate CHICKEN 	MAY Blueberries  Celebrate VIDALIA ONIONS 	JUNE Tomatoes 

Harvest of the Month:
Apples



Some menu items may contain allergens. The following will be used to indicate the presence of allergens in foods:
(1) Milk (2) Egg (3) Peanut (4) Soy (5) Wheat (6) Tree Nut (7) Shellfish (8) Fish (9) Sesame
Chattooga County School District is participating in CEP (Community Eligibility Provision). All students eat at no charge to families. However, there is a charge for extra items and snack items. To add money to your student's account, visit www.linqconnect.com

This institution is an equal opportunity provider.