

## OCTOBER 2026 – BREAKFAST ELEMENTARY SCHOOLS

\*Assorted milk and lactose-free milk is served daily.  
All students in Richmond County eat at no cost.

USDA is an equal opportunity provider, employer, and lender.

Offer Vs Serve – Students must have 3 food items, including at least 1/2 cup fruit or juice. May have meat/meat alternate, grain, fruit, juice, and milk.

The menu is subject to change due to product availability.

| MONDAY                                                                                                                                    | TUESDAY                                                                                                                                                                      | WEDNESDAY                                                                                                                                               | THURSDAY                                                                                                                                 | FRIDAY                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <i>Vegetarian options are offered daily.</i><br><i>*Georgia-grown and locally sourced products and ingredients are offered regularly.</i> | <i>Learn more about Richmond County's Wellness Policy plans &amp; how to participate at <a href="https://rcboe.org">Nutrition Services / Wellness Policy (rcboe.org)</a></i> |                                                                                                                                                         | 1<br>Fruit Smoothie w/ Breakfast Cracker<br>Dunkin Donut Sticks<br>Cereal<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice  | 2<br>Sausage Biscuit<br>Manager's Choice<br>Poptarts<br>Assorted Fruit<br>Assorted Chilled Fruit Juice  |
| 5<br>Southern Style Chicken Biscuit<br>Mini Pancakes<br>Cereal<br>Assorted Fruit<br>Assorted Chilled Fruit Juice                          | 6<br>French Toast Sticks<br>Breakfast Snack Bag<br>Poptarts<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice                                                         | 7<br>Scrambled Eggs w/ Cheese & Biscuit<br>Raspberry Swirl Danish<br>Cereal Bar w/ Breakfast Cracker<br>Assorted Fruit<br>Assorted Chilled Fruit Juice  | 8<br><i>PowerUp Asynchronous Learning Day</i>                                                                                            | 9<br><i>Student Holiday</i>                                                                             |
| 12<br><i>Student Holiday</i>                                                                                                              | 13<br><i>Student Holiday</i>                                                                                                                                                 | 14<br>Bacon, Egg & Cheese Croissant<br>Mini Waffles<br>Cereal Bar w/ Breakfast Cracker<br>Assorted Fruit<br>Assorted Chilled Fruit Juice                | 15<br>Breakfast Protein Power Pack<br>Powdered Donut Holes<br>Cereal<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice       | 16<br>Sausage Biscuit<br>Manager's Choice<br>Poptarts<br>Assorted Fruit<br>Assorted Chilled Fruit Juice |
| 19<br>Southern Style Chicken Biscuit<br>Uncrustable PBJ<br>Cereal<br>Assorted Fruit<br>Assorted Chilled Fruit Juice                       | 20<br>Bacon Scramble Pizza<br>Breakfast Bento Box<br>Poptarts<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice                                                       | 21<br>French Toast w/ Sausage Links<br>Cinni Minis<br>Cereal Bar w/ Breakfast Cracker<br>Assorted Fruit<br>Assorted Chilled Fruit Juice                 | 22<br>Fruit Smoothie w/ Breakfast Cracker<br>Dunkin Donut Sticks<br>Cereal<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice | 23<br>Sausage Biscuit<br>Manager's Choice<br>Poptarts<br>Assorted Fruit<br>Assorted Chilled Fruit Juice |
| 26<br>Southern Style Chicken Biscuit<br>Mini Pancakes<br>Cereal<br>Assorted Fruit<br>Assorted Chilled Fruit Juice                         | 27<br>French Toast Sticks<br>Breakfast Snack Bag<br>Poptarts<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice                                                        | 28<br>Scrambled Eggs w/ Cheese & Biscuit<br>Raspberry Swirl Danish<br>Cereal Bar w/ Breakfast Cracker<br>Assorted Fruit<br>Assorted Chilled Fruit Juice | 29<br>Candy Corn Parfait w/ Granola<br>Mini Chocolate Donuts<br>Cereal<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice     | 30<br>Sausage Biscuit<br>Manager's Choice<br>Poptarts<br>Assorted Fruit<br>Assorted Chilled Fruit Juice |