

OCTOBER 2026 – BREAKFAST MIDDLE 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> <i>*Georgia-grown and locally sourced products and ingredients are offered regularly.</i>	<i>Learn more about Richmond County's Wellness Policy plans & how to participate at Nutrition Services / Wellness Policy (rcboe.org)</i>		1 Fruit Smoothie w/ Breakfast Cracker Dunkin Donut Sticks Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice	2 Sausage Biscuit Manager's Choice Poptarts Assorted Fruit Assorted Chilled Fruit Juice
5 Southern Style Chicken Biscuit Mini Pancakes Cereal Assorted Fruit Assorted Chilled Fruit Juice	6 French Toast Sticks Breakfast Snack Bag Poptarts *Assorted Fresh Fruit Assorted Chilled Fruit Juice	7 Scrambled Eggs w/ Cheese & Biscuit Raspberry Swirl Danish Cereal Bar w/ Breakfast Cracker Assorted Fruit Assorted Chilled Fruit Juice	8 <i>PowerUp Asynchronous Learning Day</i>	9 <i>Student Holiday</i>
12 <i>Student Holiday</i>	13 <i>Student Holiday</i>	14 Bacon, Egg & Cheese Croissant Mini Waffles Cereal Bar w/ Breakfast Cracker Assorted Fruit Assorted Chilled Fruit Juice	15 Breakfast Protein Power Pack Powdered Donut Holes Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice	16 Sausage Biscuit Manager's Choice Poptarts Assorted Fruit Assorted Chilled Fruit Juice
19 Southern Style Chicken Biscuit Uncrustable PBJ Cereal Assorted Fruit Assorted Chilled Fruit Juice	20 Bacon Scramble Pizza Breakfast Bento Box Poptarts *Assorted Fresh Fruit Assorted Chilled Fruit Juice	21 French Toast w/ Sausage Links Cinni Minis Cereal Bar w/ Breakfast Cracker Assorted Fruit Assorted Chilled Fruit Juice	22 Fruit Smoothie w/ Breakfast Cracker Dunkin Donut Sticks Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice	23 Sausage Biscuit Manager's Choice Poptarts Assorted Fruit Assorted Chilled Fruit Juice
26 Southern Style Chicken Biscuit Mini Pancakes Cereal Assorted Fruit Assorted Chilled Fruit Juice	27 French Toast Sticks Breakfast Snack Bag Poptarts *Assorted Fresh Fruit Assorted Chilled Fruit Juice	28 Scrambled Eggs w/ Cheese & Biscuit Raspberry Swirl Danish Cereal Bar w/ Breakfast Cracker Assorted Fruit Assorted Chilled Fruit Juice	29 Candy Corn Parfait w/ Granola Mini Chocolate Donuts Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice	30 Sausage Biscuit Manager's Choice Poptarts Assorted Fruit Assorted Chilled Fruit Juice