

School Year 2022 – 2023 Monthly Breakfast Menus

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
8 Cinnamon Roll Fruit Choice 100% Juice Choice Milk Choice.	9 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	10 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice.	11 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	12 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
15 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	16 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	17 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	18 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	19 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
22 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	23 Grits Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	24 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	25 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	26 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
29 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	30 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	31 Mini Waffles Fruit Choice 100% Juice Choice Milk Choice		

All menus are subject to change due to food shortages. Many foods that are regularly purchased are not available at this time and substitute items may be served in place of unavailable items. Your patience and understanding is appreciated. Check your student's school website or with cafeteria manager weekly to receive update menus. This institution is an equal opportunity provider.

School Year 2022 – 2023 Monthly Breakfast Menus

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	2 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
5 Labor Day - Holiday	6 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	7 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	8 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	9 Cinnamon Roll Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
12 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	13 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	14 Mini Pancakes Fruit Choice 100% Juice Choice Milk Choice	15 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	16 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
19 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	20 Grits Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	21 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	22 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	23 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
26 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	27 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	28 Mini Waffles Fruit Choice 100% Juice Choice Milk Choice	29 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	30 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl

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October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cinnamon Roll Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	4 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	5 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	6 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	7 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
10 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	11 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	12 Mini Pancakes Fruit Choice 100% Juice Choice Milk Choice	13 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	14 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
17 Fall Break – Holiday	18 No Students – Inservice: all employees work	19 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	20 Grits Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	21 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast
24 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	25 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	26 Mini Waffles Fruit Choice 100% Juice Choice Milk Choice	27 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	28 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
31 Cinnamon Roll Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl				

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School Year 2022 – 2023 Monthly Breakfast Menus

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	2 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	3 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	4 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
7 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	8 Election Day - holiday	9 Mini Pancakes Fruit Choice 100% Juice Choice Milk Choice	10 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	11 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
14 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	15 Grits Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	16 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	17 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	18 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
Thanksgiving Holiday November 21 – 25				
28 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	29 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	30 Mini Waffles Fruit Choice 100% Juice Choice Milk Choice		

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December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	2 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
5 Cinnamon Roll Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	6 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	7 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	8 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	9 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
12 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	13 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	14 Mini Pancakes Fruit Choice 100% Juice Choice Milk Choice	15 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	16 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
Winter/Christmas Break December 19 – 30				

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January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Winter Break	3 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	4 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice	5 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	6 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice
9 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	10 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	11 Mini Waffles Fruit Choice 100% Juice Choice Milk Choice	12 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	13 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
16 Martin Luther King, Jr Holiday	17 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	18 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice	19 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	20 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice
23 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	24 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	25 Mini Pancakes Fruit Choice 100% Juice Choice Milk Choice	26 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	27 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
30 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	31 Grits Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice			

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February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	2 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	3 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
6 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	7 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	8 Mini Waffles Fruit Choice 100% Juice Choice Milk Choice	9 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	10 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
13 Cinnamon Roll Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	14 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	15 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	16 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	17 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
20 Lundi Gras Holiday	21 Mardi Gras Holiday	22 Mini Pancakes Fruit Choice 100% Juice Choice Milk Choice	23 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	24 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
27 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	28 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast			

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March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice	2 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	3 Grits Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice
6 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	7 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	8 Mini Waffles Fruit Choice 100% Juice Choice Milk Choice	9 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	10 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
13 Cinnamon Roll Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	14 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice	15 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	16 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	17 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice
20 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	21 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	22 Mini Pancakes Fruit Choice 100% Juice Choice Milk Choice	23 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	24 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
27 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	28 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice	29 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	30 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	31 Grits Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice

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April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	4 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	5 Mini Waffles Fruit Choice 100% Juice Choice Milk Choice	6 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	7 Good Friday Holiday
Spring Break April 7 – 14				
13 Cinnamon Roll Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	14 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	15 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	16 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	17 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
24 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	25 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	26 Mini Pancakes Fruit Choice 100% Juice Choice Milk Choice	27 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	28 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl

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May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	2 Grits Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	3 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	4 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	5 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
8 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	9 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	10 Mini Waffles Fruit Choice 100% Juice Choice Milk Choice	11 Biscuit Breakfast Chicken Patty Fruit Choice 100% Juice Choice Milk Choice	12 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
15 Cinnamon Roll Fruit Choice 100% Juice Choice Milk Choice	16 Scrambled Eggs WG Toast Fruit Choice 100% Juice Choice Milk Choice	17 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice	18 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	19 Manager Choice
22 Manager Choice	23 No Students			

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