

September 2019

PEACH COUNTY SCHOOLS

BREAKFAST



***GRAB N GO OPTIONS - AVAILABLE DAILY**

Breakfast is available to all students at no charge.

Please take advantage of ALL menu options.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

2

LABOR DAY

3

**Breakfast Pizza
Assorted Fruit
Milk Variety**

4

**Grits, Eggs
& Toast
Assorted Fruit
Milk Variety**

5

**French Toast
Sticks & Sausage links
Assorted Fruit
Milk Variety**

6

**Breakfast Pastry
Assorted Fruit
Milk Variety**

9

**Sausage Biscuit
Assorted Fruit
Milk Variety**

10

**Breakfast Pizza
Assorted Fruit
Milk Variety**

11

**Grits, Eggs
& Toast
Assorted Fruit
Milk Variety**

12

**French Toast
Sticks & Sausage links
Assorted Fruit
Milk Variety**

13

**Breakfast Pastry
Assorted Fruit
Milk Variety**

16

**Sausage Biscuit
Assorted Fruit
Milk Variety**

17

**Breakfast Pizza
Assorted Fruit
Milk Variety**

18

**Grits, Eggs
& Toast
Assorted Fruit
Milk Variety**

19

**French Toast
Sticks & Sausage links
Assorted Fruit
Milk Variety**

20

**Breakfast Pastry
Assorted Fruit
Milk Variety**

23

**Sausage Biscuit
Assorted Fruit
Milk Variety**

24

**Breakfast Pizza
Assorted Fruit
Milk Variety**

25

**Grits, Eggs
& Toast
Assorted Fruit
Milk Variety**

26

**French Toast
Sticks & Sausage links
Assorted Fruit
Milk Variety**

27

**Breakfast Pastry
Assorted Fruit
Milk Variety**

30

**Sausage Biscuit
Assorted Fruit
Milk Variety**

