

## August 2019 - High School Breakfast-in-the-Classroom


Bibb County School District - Macon, Georgia - A District Where Every Child is Well Nourished

*Menus and nutritional information are available to you online at <http://eatrightbibb.com/?page=menus>*

**At lunch, students should select milk and a minimum of three meal components - an entrée, a grain, and three of the five fruit and vegetable choices.**

Pre-K meals are served with only low fat, unflavored milk.

K-12 students may choose from unflavored 1%, unflavored fat-free, chocolate, or strawberry fat-free milk, or lactose-free milk.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			Mini Waffles, Super Donut, Cinnamon Toast Crunch	Blueberry Muffin, Fruity Cheerios, Cheese Stick
			Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit
			Apple-Cherry Juice, Mixed Fruit	Orange-Pineapple Juice, Sliced Pears
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Mini Pancakes, Blueberry Muffin, Cinnamon Toast Crunch, Strawberry Yogurt	Cheese Grits Bowl, Apple Jacks, Sausage Link, Cherry Yogurt	Super Donuts, Banana Muffin, Frosted Flakes, Cheese Stick, Strawberry Yogurt	Mini Waffles, Cinnamon Toast Crunch, Cherry Yogurt	Pop Tart, Fruity Cheerios, Sausage, Strawberry Yogurt
Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit
Orange Juice, Fresh Fruit	Grape Juice, Fresh Fruit	Apple Juice, Fresh Fruit	Cherry Juice, Fresh Fruit	Orange-Pineapple Juice, Fresh Fruit
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Mini Pancakes, Cinnamon Flakes, Blueberry Muffin, Sausage Link	Pizza Bagel, Cheerios	Cinnamon Flakes, Banana Muffin, Cheese Stick	Mini Waffles, Corn Flakes, Sausage Link	Biscuit, Blueberry Muffin, Chicken Sausage
Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit
Orange Juice, Fresh Fruit	Grape Juice, Fresh Fruit	Apple Juice, Fresh Fruit	Cherry Juice, Fresh Fruit	Orange-Pineapple Juice, Fresh Fruit
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Mini Pancakes, Blueberry Muffin, Cinnamon Toast Crunch, Strawberry Yogurt	Cheese Grits Bowl, Apple Jacks, Sausage Link, Cherry Yogurt	Super Donuts, Banana Muffin, Frosted Flakes, Cheese Stick, Strawberry Yogurt	Mini Waffles, Cinnamon Toast Crunch, Cherry Yogurt	Pop Tart, Fruity Cheerios, Sausage, Strawberry Yogurt
Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit
Orange Juice, Fresh Fruit	Grape Juice, Fresh Fruit	Apple Juice, Fresh Fruit	Cherry Juice, Fresh Fruit	Orange-Pineapple Juice, Fresh Fruit
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Mini Pancakes, Blueberry Muffin, Cinnamon Toast Crunch, Strawberry Yogurt	Cheese Grits Bowl, Apple Jacks, Sausage Link, Cherry Yogurt	Super Donuts, Banana Muffin, Frosted Flakes, Cheese Stick, Strawberry Yogurt	Mini Waffles, Cinnamon Toast Crunch, Cherry Yogurt	Pop Tart, Fruity Cheerios, Biscuit, Sausage, Strawberry Yogurt
Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit	Yogurt Parfait with Granola & Fruit
Orange Juice, Fresh Fruit	Grape Juice, Fresh Fruit	Apple Juice, Fresh Fruit	Cherry Juice, Fresh Fruit	Orange-Pineapple Juice, Fresh Fruit
<b>This institution is an equal opportunity provider.</b>			<b>Menu items may change based on availability.</b>	