

November 2019 - SOAR Academy Breakfast

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

Menus, content of pre-packed breakfasts, salads, and nutritional and allergen information is available to you online at <http://eatrightbibb.com/?page=menus>

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
4	5	6	7	8
Mini Pancakes, Biscuit, Cinnamon Toast Crunch, Blueberry Muffin, Chicken, Strawberry Yogurt	Cheese Grits Bowl, Biscuit, Apple Jacks, Sausage Link, Cherry Yogurt	Super Donuts, Biscuit, Frosted Flakes, Banana Muffin, Breakfast Steak, Cheese Stick, Strawberry Yogurt	English Muffin, Cinnamon Toast Crunch, Mini Waffles, Chicken, Egg Patty with Cheese, Cherry Yogurt	Pop Tart, Biscuit, Fruity Cheerios, Spice Muffin, Sausage, Strawberry Yogurt
Peaches, Orange Juice	Fresh Fruit, Grape Juice	Fresh Fruit, Apple Juice	Mixed Fruit, Cherry Juice	Peaches, Orange-Pineapple Juice
OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit
11	12	13	14	15
Holiday for Students	Pizza Bagel, Apple Jacks, Biscuit, Chicken Sausage	Frosted Flakes, Banana Muffin, Biscuit, Steak	Cinnamon Toast Crunch, Super Donuts, English Muffin, Egg Patty with Cheese	Fruity Cheerios, Blueberry Muffin, Biscuit, Chicken Sausage
	Fresh Fruit, Grape Juice	Fresh Fruit, Apple Juice	Mixed Fruit, Cherry Juice	Peaches, Orange-Pineapple Juice
	OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit
18	19	20	21	22
Mini Pancakes, Biscuit, Cinnamon Toast Crunch, Blueberry Muffin, Chicken, Strawberry Yogurt	Cheese Grits Bowl, Biscuit, Apple Jacks, Sausage Link, Cherry Yogurt	Super Donuts, Biscuit, Frosted Flakes, Banana Muffin, Steak, Cheese Stick, Strawberry Yogurt	English Muffin, Cinnamon Toast Crunch, Mini Waffles, Egg Patty with Cheese, Cherry Yogurt	Pop Tart, Biscuit, Fruity Cheerios, Sausage, Strawberry Yogurt
Peaches, Orange Juice	Fresh Fruit, Grape Juice	Fresh Fruit, Apple Juice	Mixed Fruit, Cherry Juice	Peaches, Orange-Pineapple Juice
OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit	OR Yogurt Parfait with Granola & Fruit
25	26	27	28	29

