

## November 2019 - Elementary 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 Pancake, Cinnamon Flakes, Blueberry Muffin	Cheese Grits Bowl, Cheerios, Sausage Link	Rice Krispies, Banana Muffin, Cheese Stick, Strawberry Yogurt	Corn Flakes, Mini Waffles, English Muffin, Egg Patty with Cheese	Pancake Sandwich, Cinnamon Flakes, Strawberry Yogurt, Maple Syrup
Sliced Pears, Orange Juice	Fresh Fruit, Grape Juice	Fresh Fruit, Apple Juice	Mixed Fruit, Apple-Cherry Juice	Peaches, Orange-Pineapple Juice
OR Pre -packed Breakfast A	OR Pre-packed Breakfast B	OR Pre-packed Breakfast C	OR Pre-packed Breakfast D	OR Pre-packed Breakfast E
11	12	13	14	15
<b>Holiday for Students</b>	Pizza Bagel, Cheerios	Cinnamon Flakes, Banana Muffin, Cheese Stick	Corn Flakes, English Muffin, Egg Patty with Cheese	Biscuit, Cinnamon Flakes, Blueberry Muffin, Chicken Sausage
	Fresh Fruit, Grape Juice	Fresh Fruit, Apple Juice	Cherry Juice, Fresh Fruit	Fresh Fruit, Orange-Pineapple Juice
	OR Pre-packed Breakfast B	OR Pre-packed Breakfast C	OR Pre-packed Breakfast D	OR Pre-packed Breakfast E
18	19	20	21	22
Mini Pancakes, Cinnamon Flakes, Cherry Yogurt	Cheese Grits Bowl, Cheerios	Cinnamon Flakes, Banana Muffin, Cheese Stick	Corn Flakes, English Muffin, Egg Patty with Cheese	Biscuit, Cinnamon Flakes, Sausage, Strawberry Yogurt
Sliced Pears, Orange Juice	Fresh Fruit, Grape Juice	Fresh Fruit, Apple Juice	Mixed Fruit, Apple-Cherry Juice	Peaches, Orange-Pineapple Juice
OR Pre -packed Breakfast A	OR Pre-packed Breakfast B	OR Pre-packed Breakfast C	OR Pre-packed Breakfast D	OR Pre-packed Breakfast E
25	26	27	28	29

