



Atlanta Public Schools Breakfast Menu: Pre-K August 2017

31 Cheerios Fresh Apple 1% Milk	01 Banana Muffin Mixed Fruit Cup 1% Milk	02 Cheerios Applesauce 1% Milk	03 Cinnamon Pancakes Raisins 1% Milk	04 Apple Cinnamon Muffin Sliced Peaches 1% Milk
07 Cheerios Fresh Apple 1% Milk	08 Berry French Toast Mixed Fruit Cup 1% Milk	09 Breakfast Pizza with Sausage Applesauce 1% Milk	10 Smoothie & Animal Crackers Raisins 1% Milk	11 Warm Apple Blueberry Muffin Sliced Peaches 1% Milk
14 Cheesy Egg & Sausage Slider Fresh Apple 1% Milk	15 Banana Muffin Mixed Fruit Cup 1% Milk	16 Sausage Breakfast Sandwich Applesauce 1% Milk	17 Cheerios Raisins 1% Milk	18 Maple Madness Waffle Sliced Peaches 1% Milk
21 Cheerios Fresh Apple 1% Milk	22 Cinnamon Apple Muffin Mixed Fruit Cup 1% Milk	23 Berry French Toast Applesauce 1% Milk	24 Cheerios Raisins 1% Milk	25 Sausage Breakfast Sandwich Sliced Peaches 1% Milk

Welcome to School!

Find more menus and information at
<http://www.atlantapublicschoolsnutrition.us>

Start your day with breakfast.

Breakfast fills your "empty tank" to get you going after a long night without food. And it can help you do better in school. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles or even last night's pizza!

Make healthy eating and physical activities fun!

Take advantage of physical activities you and your friends enjoy doing together and eat the foods you like. Be adventurous - try new sports, games and other activities, as well as new foods. You'll grow stronger, play longer, and look and feel better! Set realistic goals - don't try changing too much at once.