

31

French Toast
OR
Breakfast Flatbread

Fresh Fruit
Canned Fruit
100% Fruit Juice

01

Warm Muffin
OR
Turkey Sausage
Breakfast Stick

Fresh Fruit
Canned Fruit
100% Fruit Juice

02

Hot Breakfast Sandwich
OR
Variety of Cereal

Fresh Fruit
Canned Fruit
100% Fruit Juice

03

Hot Breakfast Sandwich
OR
Yogurt Smoothie with
Crackers

Fresh Fruit
Canned Fruit
100% Fruit Juice

04

Fruit-filled Frudel
OR
Hot Breakfast Sandwich

Fresh Fruit
Canned Fruit
100% Fruit Juice

07

Blueberry Waffle
OR
Variety of Cereal

Fresh Fruit
Canned Fruit
100% Fruit Juice

08

Hot Breakfast Sandwich
OR
Warm Muffin

Fresh Fruit
Canned Fruit
100% Fruit Juice

09

Fruit-filled Frudel
OR
Variety of Cereal

Fresh Fruit
Canned Fruit
100% Fruit Juice

10

Cinnamon Pancakes
OR
Yogurt Smoothie with
Crackers

Fresh Fruit
Canned Fruit
100% Fruit Juice

11

Warm Muffin
OR
Hot Breakfast Sandwich

Fresh Fruit
Canned Fruit
100% Fruit Juice

14

Hot Breakfast Sandwich
OR
Variety of Cereal

Fresh Fruit
Canned Fruit
100% Fruit Juice

15

French Toast
OR
Turkey Breakfast
Sausage Stick

Fresh Fruit
Canned Fruit
100% Fruit Juice

16

Breakfast Flatbread
OR
Variety of Cereal

Fresh Fruit
Canned Fruit
100% Fruit Juice

17

Hot Breakfast Sandwich
OR
Yogurt Smoothie with
Crackers

Fresh Fruit
Canned Fruit
100% Fruit Juice

18

Warm Muffin
OR
Hot Breakfast Sandwich

Fresh Fruit
Canned Fruit
100% Fruit Juice

21

Hot Breakfast Sandwich
OR
Variety of Cereal

Fresh Fruit
Canned Fruit
100% Fruit Juice

22

Turkey Sausage
Breakfast Stick
OR
Warm Muffin

Fresh Fruit
Canned Fruit
100% Fruit Juice

23

Hot Breakfast Sandwich
OR
Variety of Cereal

Fresh Fruit
Canned Fruit
100% Fruit Juice

24

Fruit-filled Frudel
OR
Yogurt Smoothie with
Crackers

Fresh Fruit
Canned Fruit
100% Fruit Juice

25

Maple Waffle
OR
Breakfast Flatbread

Fresh Fruit
Canned Fruit
100% Fruit Juice

Welcome Back!

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.