



# Breakfast Menu for Café, BIC, Grab & Go; 9-12 August 2017

31

French Toast  
Breakfast Flatbread  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

01

Warm Muffin  
Turkey Sausage  
Breakfast Stick  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

02

Hot Breakfast Sandwich  
Assorted Yogurt  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

03

Hot Breakfast Sandwich  
Yogurt Smoothie  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

04

Fruit-filled Frudel  
Hot Breakfast Sandwich  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

07

Blueberry Waffle  
Assorted Yogurt  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

08

Hot Breakfast Sandwich  
Assorted Yogurt  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

09

Fruit-filled Frudel  
Assorted Yogurt  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

10

Cinnamon Pancakes  
Yogurt Smoothie  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

11

Hot Breakfast Sandwich  
Warm Muffin  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

14

Hot Breakfast Sandwich  
Assorted Yogurt  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

15

Turkey Sausage  
Breakfast Stick  
French Toast  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

16

Breakfast Flatbread  
Yogurt Smoothie  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

17

Hot Breakfast Sandwich  
Yogurt Smoothie  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

18

Hot Breakfast Sandwich  
Warm Muffin  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

21

Hot Breakfast Sandwich  
Assorted Yogurt  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

22

Turkey Sausage  
Breakfast Stick  
Warm Muffin  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

23

Hot Breakfast Sandwich  
Assorted Yogurt  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

24

Fruit-filled Frudel  
Yogurt Smoothie  
with Crackers  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% Juice

25

Maple Waffle  
Breakfast Flatbread  
Variety of Cereal

Fresh Fruit  
Canned Fruit  
100% 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.