



APS Café & Grab-n-Go Breakfast Menu

Grades 9-12 August 28 – September 29, 2017

28

Oatmeal Raisin Bar
 Cheerios, Graham
 Cracker & String Cheese
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

29

Country Chicken Biscuit
 Apple Cinnamon Muffin
 & String cheese
 Variety of Cereal with
 Crackers, Yogurt or
 String Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

30

Berry French Toast
 Cinnamon Chex & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

31

Sausage Breakfast Pizza
 Apple Orange Yogurt
 Smoothie & Animal
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

01

Cherry Frudel
 Turkey Sausage Sandwich
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

04

**LABOR
 DAY
 HOLIDAY**

05

Turkey Pancake Wrap
 Blueberry Muffin & Vanilla
 Yogurt
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

06

Fiesta Egg & Cheese Sand.
 Cinnamon Chex & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

07

Country Chicken Biscuit
 Apple Orange Yogurt
 Smoothie & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

08

Cherry Frudel
 Turkey Sausage Sandwich
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

11

Blueberry Mini Waffles
 Raisin Bran & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned Fruit;
 100% Juice

12

Egg, Cheese, Saus. Slider
 Banana Muffin & Vanilla
 Yogurt
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

13

Apple Frudel
 Cheerios & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or
 String Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

14

Cinnamon Pancakes
 Smoothie & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

15

Egg & Cheese Sandwich
 Oatmeal Raisin Bar &
 Vanilla Yogurt
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

18

Country Chicken Biscuit
 Cinnamon Chex & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

19

Berry French Toast
 Turkey Pancake Wrap
 Variety of Cereal with
 Crackers, Yogurt or
 String Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

20

Sausage Breakfast Pizza
 Raisin Bran & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

21

Egg & Cheese Fundle
 Apple Orange Yogurt
 Smoothie & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or
 String Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

22

Fiesta Egg & Cheese
 Sandwich
 Blueberry Muffin & Vanilla
 Yogurt
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

25

SW Egg & Cheese Slider
 Raisin Bran & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

26

Mini Corn Dogs
 Banana Muffin & Vanilla
 Yogurt
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

27

Turkey Sausage Sandwich
 Cheerios & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

28

Apple Frudel
 Smoothie & Graham
 Crackers
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

29

Maple Mini Waffles
 Sausage Breakfast Pizza
 Variety of Cereal with
 Crackers, Yogurt or String
 Cheese
 PLUS: Fresh & Canned
 Fruit; 100% Juice

Why WOULDN'T you eat breakfast?

Give yourself the performance edge in the classroom
 by eating breakfast!

A regular habit of eating breakfast has been proven to
 enhance your attention, concentration and memory –
 all of which means better school achievement.

PLEASE UPDATE YOUR RECORDS!

If your child received free or reduced price meals last
 year, you **MUST** complete a new application for this
 school year. Only one application needed per family.

Go to www.atlantapublicschoolsnutrition.us