

# SEPTEMBER

K-12 BIC/ Grab and Go



Questions or Comments?  
**Upenda Sibley**  
 Director of Operation  
 Phone: 404-802-2540



**DAILY SELECTIONS:**  
 ASSORTED LOWFAT MILK

**Rise & Dine!**

Choosing breakfast foods that are rich in whole grains, fiber and protein while low in added sugar may enhance students attention span, concentration and memory—which they need to learn in school.



\*Menu is Subject to Change



This institution is an equal opportunity provider.

## Monday

2  
 Labor Day – No School  
 (V) = Vegetarian Option (or vegetarian upon request)

## Tuesday

3  
**BIC/Grab and Go**  
 Maple Breakfast on a Stick  
 Apple  
 Fruit Juice

## Wednesday

4  
**BIC/Grab and Go**  
 (V) Gluten Free Rice Chex Cereal  
 Sliced Oranges  
 Apple Juice

## Thursday

5  
**BIC/Grab and Go**  
 Sausage Breakfast Pizza  
 Banana  
 Fruit Juice

## Friday

6  
**BIC/Grab and Go**  
 (V) Whole Grain Bagel  
 Sliced Apples  
 Fruit Punch

9  
**BIC/Grab and Go**  
 (V) Raisin Bran Cereal w/ Graham Crackers  
 Sliced Oranges  
 Grape Juice

10  
**BIC/Grab and Go**  
 (V) Egg & Cheese Sandwich  
 Apple  
 Orange Juice

11  
**BIC/Grab and Go**  
 (V) Fluffy Banana Muffin  
 Sliced Oranges  
 Grape Juice

12  
**BIC/Grab and Go**  
 Cheesy Egg & Turkey Sausage Burrito  
 Banana  
 Orange Juice

13  
**BIC/Grab and Go**  
 (V) Vanilla Yogurt w/ Graham Crackers  
 Sliced Apples  
 Orange Juice

16  
**BIC/ Grab and Go**  
 (V) WHOLE GRAIN Golden Blueberry Muffin  
 Sliced Oranges  
 Apple Juice

17  
**BIC/Grab and Go**  
 Sausage Breakfast Pizza  
 Apple  
 Fruit Juice

18  
**BIC/Grab and Go**  
 (V) Whole Grain Bagel  
 Sliced Oranges  
 Apple Juice

19  
**BIC/Grab and Go**  
 Maple Breakfast on a Stick  
 Banana  
 Fruit Juice

20  
**BIC/Grab and Go**  
 (V) Gluten Free Rice Chex Cereal  
 Sliced Apples  
 Fruit Juice

23  
**BIC/Grab and Go**  
 (V) Fluffy Banana Muffin  
 Sliced Oranges  
 Grape Juice

24  
**BIC/Grab and Go**  
 Cheesy Egg & Turkey Sausage Burrito  
 Apple  
 Orange Juice

25  
**BIC/Grab and Go**  
 (V) Vanilla Yogurt w/ Graham Crackers  
 Sliced Oranges  
 Grape Juice

26  
**BIC/Grab and Go**  
 (V) Egg & Cheese Sandwich  
 Banana  
 Orange Juice

27  
**BIC/Grab and Go**  
 (V) Whole Grain Brown Rice Krispies Cereal  
 Sliced Apples  
 Grape Juice



\*1% Low Fat White and Chocolate Milk Offered Daily