

## NOVEMBER 2022 – BREAKFAST ELEMENTARY, MIDDLE, AND K8 SCHOOLS

Fresh Fruit, Fruit Cup and/or 100% Fruit Juice are offered at each meal. Assorted milk served daily.

Offer vs Serve - Students must have 3 food items, including at least 1/2 cup fruit or juice. May have meat/meat alternate, grain, fruit, juice, and milk.

This institution is an equal opportunity provider.

Menu is subject to change due to product availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Strawberry Banana Smoothie w/ Breakfast Cracker Mini Glazed Donuts Breakfast Bread	2 Bacon, Egg, & Cheese Croissant Cinnamon Toast Puff Pastry Cereal	3 Breakfast Flatbread Pizza Breakfast Snack Bag Managers Choice	4 Sausage Biscuit Poptarts Grits
7 Chicken Biscuit Honey Bun Cereal Bar w/ Breakfast Cracker	8 Pancake & Sausage Wrap Sausage, Egg & Cheese Uncrustable Muffin	9 Bacon Grilled Cheese Sandwich Cinni Minis Cereal	10 Very Berry Parfait w/ Granola Mini Waffles Managers Choice	11 Student Holiday
14 Chicken Biscuit Cinnamon Bun Cereal Bar w/ Breakfast Cracker	15 Strawberry Banana Smoothie w/ Breakfast Cracker Mini Glazed Donuts Breakfast Bread	16 Bacon, Egg, & Cheese Croissant Cinnamon Toast Puff Pastry Cereal	17 Breakfast Flatbread Pizza Breakfast Snack Bag Managers Choice	18 Sausage Biscuit Poptarts Grits
21 Student Holiday	22 Student Holiday	23 Student Holiday	24 Student Holiday	25 Student Holiday
28 Chicken Biscuit Honey Bun Cereal Bar w/ Breakfast Cracker	29 Pancake & Sausage Wrap Sausage, Egg & Cheese Uncrustable Muffin	30 Bacon Grilled Cheese Sandwich Cinni Minis Cereal	Georgia grown and locally sourced products and ingredients are offered regularly.	Learn more about Richmond County's Wellness Plans & how to participate at: <a href="https://www.rcboe.org/WellnessPolicy">Nutrition Services / Wellness Policy (rcboe.org)</a>