

OCTOBER 2024 – BREAKFAST ELEMENTARY, MIDDLE AND K8 SCHOOLS

*Assorted milk and lactose-free milk are served daily.
All students in Richmond County eat at no cost.

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.

The menu is subject to change due to product availability

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| Vegetarian options offered daily. *Georgia-grown and locally sourced products and ingredients are offered regularly | 1 Cinnamon Toast Puff Pastry Breakfast Bento Box Poptarts Assorted Applesauce Cups Assorted Chilled Fruit Juice | 2 Breakfast Flatbread Pizza French Toast Sticks Cereal Bar w/ Breakfast Cracker *Orange Wedges Assorted Chilled Fruit Juice | 3 Strawberry & Peach Parfait w/ Granola Pull Apart Glazed Donut Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice | 4 Steak Biscuit Muffin Poptarts *Assorted Fresh Fruit Assorted Chilled Fruit Juice |
| 7 Chicken Biscuit PBJ Uncrustable Cereal *Assorted Fresh Fruit Assorted Chilled Fruit Juice | 8 Chocolate Chip French Toast Bites Breakfast Snack Bag Poptarts Rosy Pear Cup Assorted Chilled Fruit Juice | 9 Pancake Sausage Wrap Frudel Cereal Bar w/ Breakfast Cracker *Apples Assorted Chilled Fruit Juice | 10 Student Holiday | 11 PowerUp Asynchronous Learning Day |
| 14 Student Holiday | 15 Student Holiday | 16 Ham & Cheese Croissant Honey Bun Cereal Bar w/ Breakfast Cracker *Fresh Pears Assorted Chilled Fruit Juice | 17 Watermelon Smoothie w/ Breakfast Cracker Chocolate Donut Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice | 18 Sausage Biscuit Muffin Poptarts *Assorted Fresh Fruit Assorted Chilled Fruit Juice |
| 21 Chicken Biscuit Mini Pancakes Cereal *Assorted Fresh Fruit Assorted Chilled Fruit Juice | 21 Cinnamon Toast Puff Pastry Breakfast Bento Box Poptarts Assorted Applesauce Cups Assorted Chilled Fruit Juice | 22 Breakfast Flatbread Pizza French Toast Sticks Cereal Bar w/ Breakfast Cracker *Orange Wedges Assorted Chilled Fruit Juice | 23 Strawberry & Peach Parfait w/ Granola Pull Apart Glazed Donut Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice | 24 Steak Biscuit Muffin Poptarts *Assorted Fresh Fruit Assorted Chilled Fruit Juice |
| 28 Chicken Biscuit PBJ Uncrustable Cereal *Assorted Fresh Fruit Assorted Chilled Fruit Juice | 29 Chocolate Chip French Toast Bites Breakfast Snack Bag Poptarts Rosy Pear Cup Assorted Chilled Fruit Juice | 30 Pancake Sausage Wrap Frudel Cereal Bar w/ Breakfast Cracker *Apples Assorted Chilled Fruit Juice | 31 Strawberry Banana Smoothie w/ Breakfast Cracker Powdered Sugar Donut Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice | Learn more about Richmond County's Wellness Policy plans & how to participate at Nutrition Services / Wellness Policy (rcboe.org) |

