

## OCTOBER 2025 – BREAKFAST HIGH SCHOOLS

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

This institution is an equal opportunity provider.

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.

The menu is subject to change due to product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Vegetarian options are offered daily.</i></p> <p><i>*Georgia-grown and locally sourced products and ingredients are offered regularly.</i></p>	<p><i>Learn more about Richmond County's Wellness Policy plans &amp; how to participate at <a href="https://rcboe.org">Nutrition Services / Wellness Policy (rcboe.org)</a></i></p>	<p>1</p> <p>Bacon, Egg &amp; Cheese English Muffin Honey Bun Cereal Bar w/ Breakfast Cracker *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>	<p>2</p> <p>Fruit Smoothie w/ Breakfast Cracker Chocolate Mini Donuts Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice</p>	<p>3</p> <p>Sausage Biscuit Managers Choice Poptarts *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>
<p>6</p> <p>Chicken Biscuit Apple Frudel Cereal *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>	<p>7</p> <p>French Toast w/ Bacon Breakfast Snack Bag Poptarts Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice</p>	<p>8</p> <p>Pancake Sausage Wrap Cinni Minis Cereal Bar w/ Breakfast Cracker *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>	<p>9</p> <p><i>PowerUp Asynchronous Learning Day</i></p>	<p>10</p> <p><i>Student Holiday/Professional Learning Day</i></p>
<p>13</p> <p><i>Fall Break</i></p>	<p>14</p> <p><i>Fall Break</i></p>	<p>15</p> <p>Managers Choice Muffins Cereal Bar w/ Breakfast Crackers *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>	<p>16</p> <p>Rainbow Parfait Glazed Pull-Apart Donut Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice</p>	<p>17</p> <p>Sausage Biscuit Managers Choice Poptarts *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>
<p>20</p> <p>Chicken Biscuit Mini Pancakes Cereal *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>	<p>21</p> <p>French Toast Sticks Breakfast Bento Box Poptarts Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice</p>	<p>22</p> <p>Bacon, Egg &amp; Cheese English Muffin Honey Bun Cereal Bar w/ Breakfast Cracker *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>	<p>23</p> <p>Fruit Smoothie w/ Breakfast Cracker Chocolate Mini Donuts Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice</p>	<p>24</p> <p>Sausage Biscuit Managers Choice Poptarts *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>
<p>27</p> <p>Chicken Biscuit Apple Frudel Cereal *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>	<p>28</p> <p>French Toast w/ Bacon Breakfast Snack Bag Poptarts Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice</p>	<p>29</p> <p>Pancake Sausage Wrap Cinni Minis Cereal Bar w/ Breakfast Cracker *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>	<p>30</p> <p><b>Candy Corn Parfait w/ Granola</b> Powdered Sugar Donut Cereal Assorted Chilled Fruit Cup Assorted Chilled Fruit Juice</p>	<p>31</p> <p>Sausage Biscuit Managers Choice Poptarts *Assorted Fresh Fruit Assorted Chilled Fruit Juice</p>