

## SEPTEMBER 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                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><br><b>HAPPY LABOR DAY!</b><br> | <b>2</b><br>Homestyle Happy Waffles w/ Syrup<br>Strawberry Bagels<br>Poptarts<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice  | <b>3</b><br>Ham & Cheese Croissant<br>Muffins<br>Cereal Bar w/ Breakfast Crackers<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice                  | <b>4</b><br>Rainbow Parfait or Yogurt<br>Breakfast Mix<br>Glazed Pull-Apart Donut<br>Cereal<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice                                                                                        | <b>5</b><br>Sausage Biscuit<br>Managers Choice<br>Poptarts<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice  |
| <b>8</b><br>Chicken Biscuit<br>Mini Pancakes<br>Cereal<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice              | <b>9</b><br>French Toast Sticks<br>Breakfast Bento Box<br>Poptarts<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice             | <b>10</b><br>Bacon, Egg & Cheese English<br>Muffin<br>Honey Bun<br>Cereal Bar w/ Breakfast Cracker<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice | <b>11</b><br>Fruit Smoothie w/ Breakfast<br>Cracker or Yogurt Breakfast Mix<br>Chocolate Mini Donuts<br>Cereal<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice                                                                     | <b>12</b><br>Sausage Biscuit<br>Managers Choice<br>Poptarts<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice |
| <b>15</b><br>Chicken Biscuit<br>Apple Frudel<br>Cereal<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice              | <b>16</b><br>French Toast w/ Bacon<br>Breakfast Snack Bag<br>Poptarts<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice          | <b>17</b><br>Pancake Sausage Wrap<br>Cinni Minis<br>Cereal Bar w/ Breakfast Cracker<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice                | <b>18</b><br>Peaches & Cream Parfait w/<br>Granola or Yogurt Breakfast Mix<br>Powdered Sugar Donut<br>Cereal<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice                                                                       | <b>19</b><br>Sausage Biscuit<br>Managers Choice<br>Poptarts<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice |
| <b>22</b><br>Chicken Biscuit<br>PBJ Uncrustable<br>Cereal<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice           | <b>23</b><br>Homestyle Happy Waffles w/ Syrup<br>Strawberry Bagels<br>Poptarts<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice | <b>24</b><br>Ham & Cheese Croissant<br>Muffins<br>Cereal Bar w/ Breakfast Crackers<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice                 | <b>25</b><br>Rainbow Parfait<br>Glazed Pull-Apart Donut<br>Cereal<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice                                                                                                                  | <b>26</b><br>Sausage Biscuit<br>Managers Choice<br>Poptarts<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice |
| <b>29</b><br>Chicken Biscuit<br>Mini Pancakes<br>Cereal<br>*Assorted Fresh Fruit<br>Assorted Chilled Fruit Juice             | <b>30</b><br>French Toast Sticks<br>Breakfast Bento Box<br>Poptarts<br>Assorted Chilled Fruit Cup<br>Assorted Chilled Fruit Juice            | Vegetarian options offered daily.                                                                                                                           | Learn more about Richmond<br>County's Wellness Policy plans &<br>how to participate at <a href="https://www.rcboe.org/nutrition-services">Nutrition<br/>                     Services / Wellness Policy<br/>                     (rcboe.org)</a> | *Georgia-grown and locally<br>sourced products and ingredients<br>are offered regularly                              |

