

# HOUSTON COUNTY SCHOOL NUTRITION

All Houston County School Cafeterias will be serving a one week rotation on their breakfast menu.

Each day of the week will have the same breakfast choices.

Every day we will  
offer 2 different  
breakfast meals!

## WAKE UP TO SCHOOL BREAKFAST!

### K-12 BREAKFAST MENU

Students will have a choice  
between a hot prepared  
breakfast or a cereal and other  
grain or yogurt – they also can  
choose fruit, juice and milk!

#### Monday

*French Toast Sticks  
w/ Syrup cup  
Yogurt  
Applesauce  
OR*

*Cereal Choice  
1 poptart  
Applesauce*

*Each meal includes a  
choice of low-fat or non-fat  
unflavored milk or low-fat  
flavored milk.*

AND

*A choice between apple,  
grape, or orange juice.*

#### Tuesday

*Scrambled Egg Patty  
Fluffy White Biscuit &  
White Gravy  
Sausage Patty  
Mixed Fruit Cup*

OR

*Cereal Choice  
Powdered or **Chocolate**  
Donuts  
Mixed Fruit Cup*

#### Wednesday

*Sausage, Egg & Cheese  
Tornado  
Fresh Apple Slices*

OR

*Cereal Choice  
Yogurt  
Fresh Apple Slices*

#### Thursday

*Mini Chicken  
Fluffy White Biscuit  
Banana*

OR

*Cereal Choice  
Blueberry or Chocolate  
Muffin  
Banana*

#### Friday

*Pancake Wrap Sausage  
Stick  
w/ Syrup Cup  
Mandarin Oranges*

OR

*Cereal Choice  
Homemade Yogurt Parfait  
Granola*

**~Eat to Learn, Learn to Eat~**

*This Institution is an Equal Opportunity Provider.*

Updated September 21, 2017