

# 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!

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

*Blueberry Muffin  
Applesauce*

OR

*Cereal Choice  
Applesauce*

### Pre-K BREAKFAST MENU

*Each meal includes a  
choice of  
fat-free unflavored milk  
or  
1% unflavored milk*

AND

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

### Tuesday

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

OR

*Cereal Choice  
Mixed Fruit Cup*

### Wednesday

*Sausage, Egg & Cheese  
Tornado  
Fresh Apple Slices*

OR

*Cereal Choice  
Fresh Apple Slices*

### Thursday

*Mini Chicken &  
Fluffy White Biscuit  
Banana*

OR

*Cereal Choice  
Banana*

### Friday

*Pancake Wrap Sausage  
Stick  
Mandarin Oranges*

OR

*Cereal Choice  
Mandarin Oranges*

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

*This Institution is an Equal Opportunity Provider.*

Updated July 13, 2017