

**FANNIN COUNTY MIDDLESCHOOL
BREAKFAST MENUS
FOR
OCTOBER
2023**



This institution is an equal opportunity provider. Menus are subject to change.

BREAKFAST @SCHOOL

For first-class learning!

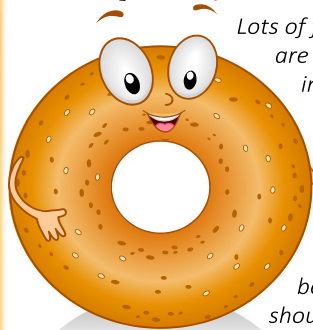
Fannin County School Nutrition and Wellness

Available Daily

WG Pop-Tart
Variety of WG Cereal
WG Tiger/Bug Blts
String Cheese
Fruit, Fruit Juice,
Choice of Milk
Jelly, Mustard

Si es necesario que esta información sea traducida en su idioma, por favor de comunicarse con la escuela de su hijo.

Breakfast Bites!



Lots of favorite breakfast foods are good sources of calcium, including yogurt, milk, and calcium-fortified cereal and OJ. Calcium builds strong bones and teeth and aids in muscle function, among many other benefits. Kids 3-8 years old should consume 1,000 mg of calcium per day, and that amount goes up to 1,300 mg from age 9-18.

**BREAKFAST IS
FREE
FOR ALL STUDENTS
EVERY SCHOOL DAY.
(Just thought we'd remind you.)**

Monday, October 2

Biscuit w/ Chicken Minis
Whole Wheat Bagel w/
Strawberry Cream Cheese

Tuesday, October 3

Egg & Cheese
Omelet Biscuit
WG Donut Holes

Wednesday, October 4

WG Cereal Parfait
WG Breakfast Bun

Thursday, October 5

Sausage Biscuit
WG Baked
Cinnamon Roll

Friday, October 6

Biscuit w/ Gravy
Monte Christo
Biscuit

Monday, October 9

Biscuit w/
Chicken Minis
WG Breakfast Bun

Tuesday, October 10

Sausage Biscuit
Whole Wheat Bagel w/
Strawberry Cream Cheese

Wednesday, October 11

Breakfast Quesadilla
WG Breakfast Bun

Thursday, October 12

Sunrise Sandwich
WG Blueberry Muffin

Friday, October 13

Biscuit w/ Gravy
WG French Toast
Sticks

Monday, October 16

Biscuit w/ Chicken Minis
Whole Wheat Bagel w/
Strawberry Cream Cheese

Tuesday, October 17

Egg & Cheese
Omelet Biscuit
WG Donut Holes

Wednesday, October 18

WG Cereal Parfait
WG Breakfast Bun

Thursday, October 19

Sausage Biscuit
WG Baked
Cinnamon Roll

Friday, October 20

Biscuit w/ Gravy
WG Apple Muffin

Monday, October 25

Biscuit w/
Chicken Minis
WG Breakfast Bun

Tuesday, October 26

Sausage Biscuit
Whole Wheat Bagel w/
Strawberry Cream Cheese

Wednesday, October 27

Breakfast Quesadilla
WG Breakfast Bun

Thursday, October 28

Sunrise Sandwich
WG Blueberry Muffin

Friday, October 29

Biscuit w/ Gravy
WG French Toast
Sticks

Monday, October 31

Biscuit w/ Chicken Minis
Whole Wheat Bagel w/
Strawberry Cream Cheese

Tuesday, October 31

Egg & Cheese
Omelet Biscuit
WG Donut Holes



**YOU NEVER KNOW WHAT
YOU MIGHT RUN INTO
OUT THERE!
STAY ALERT & BE SAFE!**

