

FANNIN COUNTY HIGH SCHOOL BREAKFAST MENUS FOR OCTOBER 2023



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

BREAKFAST @SCHOOL

For first-class learning!

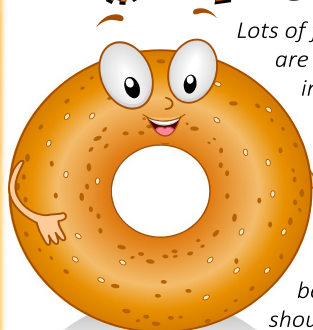
Fannin County School Nutrition and Wellness

Available Daily

WG Pop-Tart
Variety of WG Cereal
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

Egg & Cheese Omelet w/ Croissant
Sausage Biscuit
Breakfast Bun

Tuesday, October 3

Whole Wheat Bagel
w/ Strawberry Cream Cheese
WG Baked Cinnamon Roll
WG Oatmeal Bar w/ String Cheese

Wednesday, October 4

WG McRebel
Chicken Biscuit
WG Breakfast Bun

Thursday, October 5

WG Sunrise Sandwich
Sausage Biscuit
WG Donut Holes

Friday, October 6

Biscuit w/Gravy
WG French Toast Sticks
WG Breakfast Bun

Monday, October 9

Egg & Cheese Omelet w/ Croissant
Sausage Biscuit
Breakfast Bun

Tuesday, October 10

Whole Wheat Bagel
w/ Strawberry Cream Cheese
WG Pancake Pup
WG Oatmeal Bar w/ String Cheese

Wednesday, October 11

WG McRebel
Chicken Biscuit
WG Breakfast Bun

Thursday, October 12

WG Sunrise Sandwich
Sausage Biscuit
WG Oatmeal Bar w/ String Cheese

Friday, October 13

Breakfast Parfait
Biscuit w/Gravy
WG Breakfast Bun

Monday, October 16

Egg & Cheese Omelet w/ Croissant
Sausage Biscuit
Breakfast Bun

Tuesday, October 17

Whole Wheat Bagel
w/ Strawberry Cream Cheese
WG Baked Cinnamon Roll
WG Oatmeal Bar w/ String Cheese

Wednesday, October 18

WG McRebel
Chicken Biscuit
WG Breakfast Bun

Thursday, October 19

WG Sunrise Sandwich
Sausage Biscuit
WG Donut Holes

Friday, October 20

Breakfast Quesadilla
Biscuit w/Gravy
WG Breakfast Bun

Monday, October 25

Egg & Cheese Omelet w/ Croissant
Sausage Biscuit
Breakfast Bun

Tuesday, October 26

Whole Wheat Bagel
w/ Strawberry Cream Cheese
WG Pancake Pup
WG Oatmeal Bar w/ String Cheese

Wednesday, October 27

WG McRebel
Chicken Biscuit
WG Breakfast Bun

Thursday, October 28

WG Sunrise Sandwich
Sausage Biscuit
WG Oatmeal Bar w/ String Cheese

Friday, October 29

Biscuit w/Gravy
Sausage WG Breakfast Pizza
WG Breakfast Bun

Monday, October 31

Egg & Cheese Omelet w/ Croissant
Sausage Biscuit
Breakfast Bun

Tuesday, October 31

Whole Wheat Bagel
w/ Strawberry Cream Cheese
WG Baked Cinnamon Roll
WG Oatmeal Bar w/ String Cheese



**YOU NEVER KNOW WHAT
YOU MIGHT RUN INTO
OUT THERE!**

STAY ALERT & BE SAFE!

