**Sumter County Schools, Breakfast, K-12**

French Toast Sticks

Eggs

Fruit

Fruit Juice Milk

Yogurt

Cereal

Parfait

Muffin

Fruit

Fruit Juice/Milk

Ham and Cheese

Croissant

Fruit

Fruit Juice

Milk

Yogurt

**Skim milk and fat-free flavored milk offered**

**Water made available daily**

Ham and Cheese

Croissant

Fruit

Fruit Juice

Milk

Yogurt

Cereal

Parfait

Muffin

Fruit

Fruit Juice/Milk

Waffle Sticks

Sausage Patty

Fruit

Fruit Juice/Milk

Yogurt

Chicken Biscuit  
Frozen Fruit  
Fruit Juice  
Milk  
Yogurt

Sausage Biscuit

Muffin

Fresh Fruit

Fruit Juice/Milk

Yogurt

or Breakfast Breaks Choice

Chicken Biscuit  
Frozen Fruit  
Fruit Juice  
Milk  
Yogurt

or Breakfast Breaks Choice

Sausage Biscuit

Muffin

Fresh Fruit

Fruit Juice/Milk

Yogurt

French Toast Sticks

Eggs

Fruit

Fruit Juice Milk

Yogurt

Breakfast Pizza

Muffin

Fresh Fruit

Fruit Juice

Milk

Yogurt

French Toast Sticks

Eggs

Fruit

Fruit Juice Milk

Yogurt

Breakfast Pizza

Muffin

Fresh Fruit

Fruit Juice

Milk

Yogurt

Toast

Grits

Smoked Sausage

Fruit

Fruit Juice/Milk

Yogurt

Cereal

Parfait

Muffin

Fruit

Fruit Juice/Milk

Toast

Grits

Smoked Sausage

Fruit

Fruit Juice/Milk

Yogurt

Mini Maple Pancakes

Sausage Links

Frozen Fruit

Fruit Juice

Milk

Yogurt

Ham and Cheese

Croissant

Fruit

Fruit Juice

Milk

Yogurt

Mini Maple Pancakes

Sausage Links

Frozen Fruit

Fruit Juice

Milk

Yogurt

**Professional Development**

Cereal

Yogurt

Muffin

Fresh Fruit

Fruit Juice/Milk

Cereal

Yogurt

Muffin

Fresh Fruit

Fruit Juice/Milk