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| October 2019 Breakfast Menu | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| HOMECOMING WEEK | 1 | 2 | 3 | 4 |
|  | Blueberry Muffin /  Egg & Cheese Biscuit  Assorted Cereal / Berry cup  Milk /Juice | Pancake Pup / Cereal Bar  Assorted Cereal / Orange Wedges  Milk /Juice | Chicken Biscuit / Pop-tart  Assorted Cereal / Grapes  Milk / Juice | Sausage Biscuit / Super Donut  Assorted Cereal  Manager’s Choice Fruit  Milk /Juice |
| 7 | 8 | 9 | 10 | 11 |
| [Image result for leaf clip artImage result for leaf clip art](https://www.bing.com/images/search?view=detailV2&ccid=en83e7lG&id=6FE5F6D3B63BF5544BA412A6257E68065BD524D5&thid=OIP.en83e7lGWxqazTw_AhdoOwHaHV&mediaurl=http://images.clipartpanda.com/leave-clipart-leaves-clip-art-new-images.png&exph=985&expw=994&q=leaf+clip+art&simid=607991197259071757&selectedIndex=12) **Fall Break!!** [Image result for leaf clip art](https://www.bing.com/images/search?view=detailV2&ccid=en83e7lG&id=6FE5F6D3B63BF5544BA412A6257E68065BD524D5&thid=OIP.en83e7lGWxqazTw_AhdoOwHaHV&mediaurl=http://images.clipartpanda.com/leave-clipart-leaves-clip-art-new-images.png&exph=985&expw=994&q=leaf+clip+art&simid=607991197259071757&selectedIndex=12)[Image result for leaf clip art](https://www.bing.com/images/search?view=detailV2&ccid=en83e7lG&id=6FE5F6D3B63BF5544BA412A6257E68065BD524D5&thid=OIP.en83e7lGWxqazTw_AhdoOwHaHV&mediaurl=http://images.clipartpanda.com/leave-clipart-leaves-clip-art-new-images.png&exph=985&expw=994&q=leaf+clip+art&simid=607991197259071757&selectedIndex=12) | | | | |
| 14  **Teacher Workday/**  **Student Holiday** | 15  Dutch Waffle / Sausage Link  Assorted Cereal / Banana  Milk /Juice | 16  Super Donut / Cereal Bar  Assorted Cereal / Grapes  Milk /Juice | 17  Sausage Biscuit / Pop-Tart  Assorted Cereal / Sliced Peaches  Milk / Juice | 18  Scrambled Eggs / Grits / Toast  Assorted Cereal  Manager’s Choice Fruit  Milk / Juice |
| 21 | 22 | 23 | 24 | 25 |
| French Toast / Sausage Link  Assorted Cereal / Tropical Fruit  Milk / Juice | Blueberry Muffin /  Egg & Cheese Biscuit  Assorted Cereal / Orange Wedges  Milk / Juice | Pancake Pup / Cereal Bar  Assorted Cereal / Berry cup  Milk / Juice | Chicken Biscuit / Pop-tart  Assorted Cereal / Grapes  Milk / Juice | Sausage Biscuit / Super Donut  Assorted Cereal  Manager’s Choice Fruit  Milk / Juice |
| 28  Dutch Waffle / Sausage Link  Assorted Cereal / Fruit Cocktail  Milk / Juice | 29  Good Gravy Pizza / Cereal Bar  Assorted Cereal / Banana  Milk /Juice | 30  Super Donut / Cereal Bar  Assorted Cereal / Applesauce  Milk /Juice | 31  Chicken Biscuit / Pop-Tart  Assorted Cereal / Sliced Peaches  Milk / Juice | November 1st  Scrambled Eggs / Grits / Toast  Assorted Cereal  Manager’s Choice Fruit  Milk / Juice |
| School menu subject to change due to food availability. | | | | |

OCTOBER Superfood:

**Zucchini**

Zucchini is in season in Georgia from May to October.

It provides our body with nutrients like Vitamin C and Potassium.

***TIP***: Just like with apples (our Superfood from last month),

to get the most nutrients, eat zucchini with the skin on!

 