



BREAKFAST K-12

2022

Week 1	Monday October 3, 2022	Tuesday October 4, 2022	Wednesday October 5, 2022	Thursday October 6, 2022	Friday October 7, 2022
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg	Steak Biscuit or Yogurt w/Muffin	School Closed Today	Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg	Emoji Waffle or Assorted Cereal Bowl w/Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2	-Fresh Pear -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice		-Fresh Fruit in Season -100% Fruit Juice	-Fresh Fruit in Season -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim		-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim
Week 2	Monday October 10, 2022	Tuesday October 11, 2022	Wednesday October 12, 2022	Thursday October 13, 2022	Friday October 14, 2022
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Yogurt w/Muffin or -Assorted Cereal Bowl w/Hard Boiled Egg	Grilled Cheese Sandwich or -Assorted Cereal Bowl w./Hard Boiled Egg	Steak on Southern Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Turkey Bacon, Egg & Cheese on English Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Steak Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

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Week 3	Monday October 17, 2022	Tuesday October 18, 2022	Wednesday October 19, 2022	Thursday October 20, 2022	Friday October 21, 2022
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg	Steal Biscuit or Yogurt w/Muffin	Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Yogurt w/Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2	- Fresh Fruit in Season -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim
Week 4	Monday October 24, 2022	Tuesday October 25, 2022	Wednesday October 26, 2022	Thursday October 27, 2022	Friday October 28, 2022
Grain/Meat/Meat Alt. Entrée Choose 1 Option 1: Option 2:	<h1 style="color: red;">School Closed Today</h1>	Grilled Cheese Sandwich or -Yogurt w. /WG Muffin	Steak on Southern Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Turkey Bacon, Egg & Cheese on English Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2		-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1		-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim



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Week 5	Monday October 31, 2022	Tuesday November 1, 2022	Wednesday November 2, 2022	Thursday November 3, 2022	Friday November 4, 2022
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Poptart and Hardboiled Egg or Assorted Cereal Bowl w./Hard Boiled Egg	Steak Biscuit or Yogurt w/Muffin	Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Yogurt w/Muffin or -Assorted Cereal Bowl w./Hard Boiled Egg	Super Bakery Pastry or -Assorted Cereal Bowl w./Hard Boiled Egg
Fruit/Vegetable: Choose 1 or 2	- Fresh Fruit in Season -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Fruit in Season -100% Fruit Juice	-Fresh Orange -100% Fruit Juice
Milk Choose 1	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim	-LF White -FF Chocolate -FF Skim

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

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