



BREAKFAST K-12 2022

Week 1	Monday August 29, 2022	Tuesday August 30, 2022	Wednesday August 31, 2022	Thursday September 1, 2022	Friday September 2, 2022
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg	Chicken Biscuit or Yogurt w/Muffin	Turkey Sausage Biscuit or -Assorted Cereal Bowl w/Hard Boiled Egg	Eggo Waffles (2) w./Syrup or -Assorted Cereal Bowl w/Hard Boiled Egg	Schools Closed
Fruit/Vegetable: Choose 1 or 2	-Fresh Pear -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Watermelon -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 September 5, 2022	Tuesday September 6, 2022	Wednesday September 7, 2022	Thursday September 8, 2022	Friday September 9, 2022
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:		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	Chicken Biscuit 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 Watermelon -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 3	Monday September 12, 2022	Tuesday September 13, 2022	Wednesday September 14, 2022	Thursday September 15, 2022	Friday September 16, 2022
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Poptart and Hardboiled Egg Or Assorted Cereal Bowl w./Hard Boiled Egg	Chicken Biscuit or Yogurt w./Muffin	Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Eggo Waffles (2) w./Syrup 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 Pear -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Watermelon -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 September 19, 2022	Tuesday September 20, 2022	Wednesday September 21, 2022	Thursday September 22, 2022	Friday September 23, 2022
Grain/Meat/Meat Alt. Entrée Choose 1 Option 1: Option 2:	Poptart and Hardboiled Egg or -Assorted Cereal Bowl w./hard Boiled Egg	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 Pear -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Watermelon -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

“This institution is an equal opportunity provider.”



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Week 5	Monday September 26, 2022	Tuesday September 27, 2022	Wednesday September 28, 2022	Thursday September 29, 2022	Friday September 30, 2022
Grain/Meat/Meat Alt. Choose 1 Option 1: Option 2:	Poptart and Hardboiled Egg or Assorted Cereal Bowl w./Hard Boiled Egg	Chicken Biscuit or Yogurt w/Muffin	Turkey Sausage Biscuit or -Assorted Cereal Bowl w./Hard Boiled Egg	Eggo Waffles (2) w./Syrup 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 Pear -100% Fruit Juice	-Fresh Granny Smith Apple -100% Fruit Juice	-Fresh Strawberries -100% Fruit Juice	-Fresh Watermelon -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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