

February 2021

All Coffee County Schools

BREAKFAST



Students have a choice of milk and fruit with every meal.



Nutrition Tip: Ready-to-eat cereal consumption encourages milk consumption. Among children 6-12 years old who eat ready-to-eat cereal, 53% of all daily milk consumption is with cereal.



Reference: NHANES 2015-16

Monday

Sausage Biscuit
Strawberry Pop Tarts
Choice of Fruit

1

Tuesday

Grits & Sausage Bowl
Assorted Dry Cereals
Choice of Fruit

2

Wednesday

Assorted Dry Cereals
Honey Bun
Choice of Fruit

3

Thursday

Sausage/Cheese Croissant
Blueberry Muffin
Choice of Fruit

4

Friday

Bacon Biscuit
Dunkin Stix
Dannon Yogurt
Choice of Fruit

5

Assorted Dry Cereals
Powdered Mini Donuts
Choice of Fruit

8

Sausage/Cheese Croissant
Blueberry Muffin
Choice of Fruit

9

French Toast Sticks
Mini Pancakes
Choice of Fruit

10

Ham/Cheese Croissant
Assorted Pop Tarts
Choice of Fruit

11

Schools Closed for
Presidents' Day Holiday

12

Schools Closed for
Presidents' Day Holiday

15

Steak Biscuit
Assorted Dry Cereals
Choice of Fruit

16

Assorted Dry Cereals
Honey Bun
Choice of Fruit

17

Assorted Dry Cereals
Mini Pancakes
Choice of Fruit

18

Assorted Dry Cereals
Breakfast Donut
Choice of Fruit

19

Ham/Cheese Croissant
Pancake Wrap
Choice of Fruit

22

Chicken Biscuit
Breakfast Donut
Choice of Fruit

23

Dunkin Stix
Strawberry Yogurt
Assorted Pop Tarts
Choice of Fruit

24

Assorted Dry Cereals
Breakfast Donut
Choice of Fruit

25

Bacon/Egg Biscuit
Honey Bun
Choice of Fruit

26

