

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 30 Days	Breakfast Of Giving	Breakfast Thanks to Jesus	Breakfast Family	Breakfast & Friends
Pattie LaBelle Pancakes w/ Sheila Johnson Sausage Links	Carter G. Woodson Grits w/ Booker T. Washington Scrambled Eggs & August Wilson Toast (Option: Cheese topping)	Sojourner Truth Cereal	Ike & Tina Turner Waffles w/ Howard Swanson Chicken Tenders	Aretha Franklin French Toast w/ Bessie Smith Sausage
100% Apple Juice	100% Apple Juice	100% Apple Juice	100% Apple Juice	100% Apple Juice
Milk Choices *Low-Fat White Milk * Fat- Free Chocolate	Milk Choices *Low-Fat White Milk * Fat- Free Chocolate	Milk Choices *Low-Fat White Milk * Fat- Free Chocolate	Milk Choices *Low-Fat White Milk * Fat- Free Chocolate	Milk Choices *Low-Fat White Milk * Fat- Free Chocolate
Lunch "30 Days of Giving Thanks"	Lunch "30 Days of Giving Thanks"	Lunch "30 Days of Giving Thanks"	Lunch "30 Days of Giving Thanks"	Lunch "30 Days of Giving Thanks"
California Chicken w/ Yellow Rice	South Carolina Spaghetti	New Hampshire Ham & Cheese Sandwich	Connecticut Chicken Noodle Soup & Toast	Hawaii Hot Chili & Grill Cheese
Choose 1 100% Apple Juice Green Beans Side Salad (Variety of Dressings)	Choose 1 100% Apple Juice San Diego Squash Side Salad (Variety of Dressings)	Choose 1 100% Apple Juice French Fries Side Salad (Variety of Dressings)	Choose 1 100% Apple Juice Mixed Veggies Side Salad (Variety of Dressings)	Choose 1 100% Apple Juice Beans Side Salad (Variety of Dressings)
Milk Choices *Low-Fat White Milk * Fat- Free Chocolate	Milk Choices *Low-Fat White Milk * Fat- Free Chocolate	Milk Choices *Low-Fat White Milk * Fat- Free Chocolate	Milk Choices *Low-Fat White Milk * Fat- Free Chocolate	Milk Choices *Low-Fat White Milk * Fat- Free Chocolate
Student's Choice	Student's Choice	Student's Choice	Student's Choice	Student's Choice
No Student's Choice Available	No Student's Choice Available	No Student's Choice Available	No Student's Choice Available	No Student's Choice Available



FEED YOUR DREAMS



This institution is an equal opportunity provider. | Heart To Heart's Kitchen of Consistency offers free meals to all students attending for the 2019-2020 school year. No child will be denied. Serving with the Spirit of Excellence and Education. For questions or concerns please contact FSM, Miss Flornoy 783-8638.