



K-12 : Cairo Jr. Sr. High August 2019 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1.	2.
5.	6.	7.	8.	9. Teacher Institute Day No School
12. Breakfast Pizza Cinnamon Applesauce Orange Juice	13. Scrambled Eggs w/ Cheddar Cheese Cinnamon Toast Chilled Peaches Apple Juice	14. Turkey Ham, Egg Cheese Burrito Chilled Pineapple Fruit Punch Juice	15. Blue Berry Parfait w/ Homemade Granola Fresh Orange Wedges Grape Juice	16. Biscuit & Gravy Baked Apple Slices Apple Juice
19. Breakfast Pizza Fresh Orange Wedges Grape Juice	20. Buttermilk Pancakes w/ Syrup Chilled Pears Apple Juice	21. Sausage w/ Cheese Biscuit Fresh Red Grapes Fruit Juice	22. Blue Berry Parfait w/ Homemade Granola Chilled Peaches Apple Juice	23. Biscuit & Gravy Pineapple Tidbits Orange Juice
26 Breakfast Pizza Rosy Applesauce Apple Juice	27. Sausage Pancake on a Stick Chilled Peaches Fruit Punch Juice	28. Scrambled Eggs w/ Cheddar Cheese Cinnamon Toast Pineapple Tidbits Grape Juice	29. Cinnamon Oatmeal W/ Cinn. Toast Fresh Orange Wedge Apple Juice	30. Biscuit & Gravy Fresh Red Apple Halve Orange Juice
Daily Alternates				
Assorted Muffins & Cereal Paired w/ Graham Cracker or French Toast Sticks	Assorted Muffins & Cereal Paired w/ Graham Cracker Or French Toast	Assorted Muffins & Cereal Paired w/ Graham Cracker or French Toast Sticks	Assorted Muffins & Cereal Paired w/ Graham Cracker or French Toast Sticks	Assorted Muffins & Cereal Paired w/ Graham Cracker or French Toast Sticks

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.



Please update the bottom of each menu with the Food Focus of the Month as applicable to your menus:



This month
we're celebrating
cranberries



This month
we're celebrating
tomatoes



This month
we're celebrating
berries



This month
we're celebrating
autumn squash

