



Fulton County Schools

Middle School Breakfast Menus

November 2009

The daily menu is subject to change without advanced notice.

2	3	4	5	6	<p>The following milk choices are offered daily: 2%, 1%, Skim, Chocolate & Strawberry</p>
<p>Chicken Biscuit French Toast Sticks Honey Nut Toasty-O's Cereal Choice of Juice or Fresh Apple Choice of Milk</p>	<p>Sausage Biscuit Breakfast Bowl (Grits/Cheese & Sausage Patty) Scooters Cereal Choice of Juice or Tri-Tater Choice of Milk</p>	<p>Ham & Cheese Biscuit French Toast Sticks Honey Nut Toasty-O's Cereal Orange Juice or Apricots or Banana Choice of Milk</p>	<p>Sausage Biscuit Oatmeal with Biscuit Scooters Cereal Choice of Juice or Fresh Orange Choice of Milk</p>	<p>Chicken Biscuit Whole Wheat Breakfast Bun Honey Nut Toasty-O's Cereal Choice of Juice or Fresh Apple Choice of Milk</p>	
9	10	11	12	13	<p>Middle School Meal Prices: Reduced Breakfast.....\$0.30 Full-Price Breakfast....\$1.15 Adult Breakfast.....\$1.50 Reduced Lunch.....\$0.40 Full-Price Lunch.....\$2.25</p>
<p>Chicken Biscuit French Toast Sticks Honey Nut Toasty-O's Cereal Choice of Juice or Fresh Apple Choice of Milk</p>	<p>Sausage Biscuit Breakfast Bowl (Grits/Cheese & Sausage Patty) Scooters Cereal Choice of Juice or Tri-Tater Choice of Milk</p>	<p>Ham & Cheese Biscuit French Toast Sticks Honey Nut Toasty-O's Cereal Orange Juice or Apricots or Banana Choice of Milk</p>	<p>Sausage Biscuit Oatmeal with Biscuit Scooters Cereal Choice of Juice or Fresh Orange Choice of Milk</p>	<p>Chicken Biscuit Whole Wheat Breakfast Bun Honey Nut Toasty-O's Cereal Choice of Juice or Fresh Apple Choice of Milk</p>	
16	17	18	19	20	
<p>Chicken Biscuit French Toast Sticks Honey Nut Toasty-O's Cereal Choice of Juice or Fresh Apple Choice of Milk</p>	<p>Sausage Biscuit Breakfast Bowl (Grits/Cheese & Sausage Patty) Scooters Cereal Choice of Juice or Tri-Tater Choice of Milk</p>	<p>Ham & Cheese Biscuit French Toast Sticks Honey Nut Toasty-O's Cereal Orange Juice or Apricots or Banana Choice of Milk</p>	<p>Sausage Biscuit Oatmeal with Biscuit Scooters Cereal Choice of Juice or Fresh Orange Choice of Milk</p>	<p>Chicken Biscuit Whole Wheat Breakfast Bun Honey Nut Toasty-O's Cereal Choice of Juice or Fresh Apple Choice of Milk</p>	
23	24	25	26	27	
<p>Chicken Biscuit French Toast Sticks Honey Nut Toasty-O's Cereal Choice of Juice or Fresh Apple Choice of Milk</p>	<p>Sausage Biscuit Breakfast Bowl (Grits/Cheese & Sausage Patty) Scooters Cereal Choice of Juice or Tri-Tater Choice of Milk</p>	<p>SCHOOL CLOSED</p>	<p>SCHOOL CLOSED</p>	<p>SCHOOL CLOSED</p>	<h1 style="color: orange; font-size: 2em; font-weight: bold;">Happy Thanksgiving!</h1>
30	<p>Diabetes is a disease in which your body isn't able to properly use or produce enough insulin, the hormone that helps your body turn food into energy. According to the American Diabetes Association, there are 24 million children and adults living with the disease in this country. November is recognized as National Diabetes Month. Take this time to learn about the risks (family history, being overweight, inactivity) and prevention methods (healthy diet, exercise, maintaining a healthy weight) associated with diabetes.</p>				

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