



#### School Information:

Georgia Department of Education / state Schools  
 Atlanta Area School for the Deaf, Clarkston, GA  
 Georgia Academy for the Blind, Macon, GA  
 Georgia School for the Deaf, Cave Spring, GA



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. mushrooms, zucchini, and artichoke hearts.  
**Assorted Fresh Fruit, Milk, Water and Citrus Infused Water Served Daily. Fruit and Vegetable of the Month Features Broccoli and Strawberries.**

### Monday



Chicken Biscuit,  
 Pancake Wrap  
 Breakfast Pastries,  
 Cereal w/ Granola Bar

7

Chicken Biscuit,  
 Pancake Wrap  
 Breakfast Pastries,  
 Cereal w/ Granola Bar

14



Chicken Biscuit,  
 Pancake Wrap  
 Breakfast Pastries,  
 Cereal w/ Granola Bar

28

### Tuesday



1

French Toast w/ Sausage,  
 Sausage Biscuit,  
 Pop Tart w/ Cheese,  
 Grits Eggs w/ Toast,  
 Cereal w/ Granola Bar

8

French Toast w/ Sausage,  
 Sausage Biscuit,  
 Pop Tart w/ Cheese,  
 Grits Eggs w/ Toast,  
 Cereal w/ Granola Bar

15

French Toast w/ Sausage,  
 Sausage Biscuit,  
 Pop Tart w/ Cheese,  
 Grits Eggs w/ Toast,  
 Cereal w/ Granola Bar

22

French Toast w/ Sausage,  
 Sausage Biscuit,  
 Pop Tart w/ Cheese,  
 Grits Eggs w/ Toast,  
 Cereal w/ Granola Bar

29

### Wednesday

Strawberries are among the most beloved of fruits. They come from the plant called "Fragaria" and are members of the rose family.

2

Big Breakfast Platter  
 Breakfast Burrito,  
 Breakfast Donuts,  
 Cereal w/ Granola Bar

9

Big Breakfast Platter  
 Breakfast Burrito,  
 Breakfast Donuts,  
 Cereal w/ Granola Bar

16

Big Breakfast Platter  
 Breakfast Burrito,  
 Breakfast Donuts,  
 Cereal w/ Granola Bar

23

Pancake Wrap  
 Breakfast Burrito,  
 Breakfast Donuts,  
 Grits Eggs w/ Toast,  
 Cereal w/ Granola Bar

30

### Thursday



3

Pancake Platter,  
 Sausage Biscuit,  
 Cinnamon Roll,  
 Cereal w/ Granola Bar

10

Pancake Platter,  
 Sausage Biscuit,  
 Cinnamon Roll,  
 Cereal w/ Granola Bar

17

Pancake Platter,  
 Sausage Biscuit,  
 Cinnamon Roll,  
 Cereal w/ Granola Bar

24

Pancake Platter,  
 Sausage Biscuit,  
 Cinnamon Roll,  
 Cereal w/ Granola Bar

31

### Friday

Broccoli is an edible green plant in the cabbage family whose large flowering head is eaten as a vegetable.

4

Croissant Sandwich,  
 Chicken n Waffle,  
 Banana Bread,  
 Cereal w/ Granola Bar

11

Croissant Sandwich,  
 Chicken n Waffle,  
 Banana Bread,  
 Cereal w/ Granola Bar

18

Croissant Sandwich,  
 Chicken n Waffle,  
 Banana Bread,  
 Cereal w/ Granola Bar

25

