



#### 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. **Assorted Fresh Fruit, Milk, Water and Citrus Infused Water Served Daily. Harvest of the Month Features Carrots and Cauliflower**



### Monday



### Tuesday

### Wednesday



### Thursday



### Friday

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

4

Harvest of the Month  
Breakfast Item –  
Carrot Pineapple Muffins

French Toast w. Sausag  
Hot Brown Biscuit n Gravy,  
Glazed Cinnamon Rolls or  
Cereal w/ Granola Bar

5

Panther Breakfast Platter  
Breakfast Burrito w/ Salsa,  
Carrot Pineapple Muffin or  
Cereal w/ Granola Bar

6

Breakfast Pancake Platte  
Sausage Biscuit,  
Glazed Donut or  
Cereal w/ Granola Bar

7

Breakfast Croissant,  
Chicken n Waffles,  
Loaded Zucchini Muffins,  
Grits n Sausage,  
Cereal w/ Granola Bar

1

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

11

French Toast w. Sausag  
Hot Brown Biscuit n Gravy,  
Glazed Cinnamon Rolls or  
Cereal w/ Granola Bar

12

Panther Breakfast Platter  
Breakfast Burrito w/ Salsa,  
Snickers Doodle Muffin,  
Cereal w/ Granola Bar or  
Paradise Parfait

13

Valentines Pancake Platte  
Sausage Biscuit,  
Glazed Donut or  
Cereal w/ Granola Bar  
Triple Berry Parfait

14

Breakfast Croissant,  
Chicken n Waffles,  
Blueberry Muffins,  
Grits n Sausage or  
Cereal w/ Granola Bar

15

President's Day



18

French Toast w. Sausag  
Hot Brown Biscuit n Gravy,  
Glazed Cinnamon Rolls or  
Cereal w/ Granola Bar

19

Panther Breakfast Platter  
Breakfast Burrito w/ Salsa,  
Carrot Pineapple Muffin or  
Cereal w/ Granola Bar

20

Breakfast Pancake Platte  
Sausage Biscuit,  
Glazed Donut or  
Cereal w/ Granola Bar

21

Breakfast Croissant,  
Chicken n Waffles,  
Loaded Zucchini Muffins,  
Grits n Sausage or  
Cereal w/ Granola Bar

22

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

25

French Toast w. Sausag  
Hot Brown Biscuit n Gravy,  
Glazed Cinnamon Rolls or  
Cereal w/ Granola Bar

26

Panther Breakfast Platter  
Breakfast Burrito w/ Salsa,  
Snickers Doodle Muffin or  
Cereal w/ Granola Bar

27

Breakfast Pancake  
Platter,  
Sausage Biscuit,  
Glazed Donut or  
Cereal w/ Granola Bar

