



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 and Water Served Daily. Harvest of the Month Features: Blueberries, Cucumber and Vidalia Onions**



Monday



Tuesday



Wednesday

Thursday

Friday

Chicken Biscuit,
Glazed Donuts,
Cereal w/ Granola Bar

6

French Toast w/ Sausage,
Sausage Biscuit,
Cereal w/ Granola Bar

7

Egg Biscuit w/ Hash
Brown,
Homemade Muffins,
Cereal w/ Granola Bar

8

Breakfast Pancake
Platter,
Grits or Oatmeal w/
Sausage,
Cereal W/ Granola Bar

2

Breakfast Croissant,
Yogurt Parfait,
Cereal w/ Granola Bar,

3

Chicken Biscuit,
Glazed Donuts,
Cereal w/ Granola Bar

13

French Toast w/ Sausage,
Sausage Biscuit,
Cereal w/ Granola Bar

14

Egg Biscuit w/ Hash
Brown,
Homemade Muffins,
Cereal w/ Granola Bar

15

Breakfast Pancake
Platter,
Grits or Oatmeal w/
Sausage,
Cereal W/ Granola Bar

9

Breakfast Croissant,
Yogurt Parfait,
Cereal w/ Granola Bar,

10

Chicken Biscuit,
Glazed Donuts,
Cereal w/ Granola Bar

20

French Toast w/ Sausage,
Sausage Biscuit,
Cereal w/ Granola Bar

21

Egg Biscuit w/ Hash
Brown,
Homemade Muffins,
Cereal w/ Granola Bar

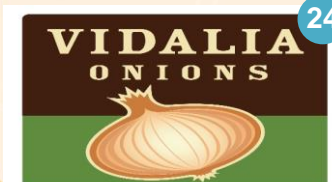
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Breakfast Pancake
Platter,
Grits or Oatmeal w/
Sausage,
Cereal W/ Granola Bar

23

Breakfast Croissant,
Yogurt Parfait,
Cereal w/ Granola Bar,

17



24



27



28



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Hailed as a "superfood," blueberries are an excellent source of dietary fiber, vitamin C, vitamin K, manganese, iron, and a number of antioxidants.

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