

# November 2018

## State Schools

### BREAKFAST



#### 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.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Egg, Cheese Omelets & Toast 1  
Pancake, Bacon n' Egg Platter  
Cinnamon Roll & Smoothie  
Cereal w. Nutri Grain Bar  
Assorted Fresh Fruit, Assorted Juice  
Milk and Water

Bacon, Egg, Cheese Croissant 2  
Chicken and Waffles,  
Cereal w. Granola Bar,  
Assorted Fresh Fruit, Assorted Juice,  
Milk and Water

Chicken Biscuit, 5  
Pastry Strudel & Yogurt Parfait  
Grits, Scramble Eggs n' Toast,  
Assorted Fresh Fruit  
Assorted Juice, Milk, & Water

Biscuit Gravy, 6  
French Toast Stick w Sausage,  
Smoothie W/Bagel & Cream Cheese  
Oatmeal, Scramble Eggs n' Toast,  
Assorted Fresh Fruit,  
Assorted Juice, Milk and Water

Breakfast Burrito, 7  
Pancake Wrap,  
Nutri Grain Bar & Smoothie  
Grits, Scramble Eggs n' Toast,  
Assorted Fresh Fruit, Assorted Juice,  
Milk and Water

Egg, Cheese Omelets & Toast 8  
Pancake, Bacon n' Egg Platter  
Cinnamon Rolls & Smoothie  
Cereal w. Nutri Grain Bar  
Assorted Fresh Fruit, Assorted Juice  
Milk and Water

Bacon, Egg, Cheese Croissant 9  
Chicken and Waffles,  
Cereal w. Nutri Grain Bar,  
Assorted Fresh Fruit, Assorted Juice,  
Milk and Water

Chicken Biscuit, 12  
Pastry Strudel & Yogurt Parfait,  
Grits, Scramble Eggs n' Toast  
Assorted Fresh Fruit,  
Assorted Juice, Milk and Water

Biscuit Gravy, 13  
French Toast Stick w Sausage,  
Smoothie W/Bagel & Cream Cheese  
Oatmeal, Scramble Eggs n' Toast  
Assorted Fresh Fruit,  
Assorted Juice, Milk and Water

Breakfast Burrito, 14  
Pancake Wrap,  
Nutri Grain Bar & Smoothie  
Grits, Scramble Eggs n' Toast,  
Assorted Fresh Fruit, Assorted Juice,  
Milk and Water

Egg, Cheese Omelets & Toast 15  
Pancake, Bacon n' Egg Platter  
Cinnamon Rolls & Smoothie  
Cereal w. Nutri Grain Bar  
Assorted Fresh Fruit, Assorted Juice  
Milk and Water

Bacon, Egg, Cheese Croissant 16  
Chicken and Waffles,  
Cereal w. Nutri Grain Bar,  
Assorted Fresh Fruit, Assorted Juice,  
Milk and Water



Happy 22  
Thanksgiving



Chicken Biscuit, 26  
Pastry Strudel & Yogurt Parfait,  
Grits, Scramble Eggs n' Toast  
Assorted Fresh Fruit,  
Assorted Juice, Milk and Water

Biscuit Gravy, 27  
French Toast Stick w Sausage,  
Smoothie W/Bagel & Cream Cheese  
Oatmeal, Scramble Eggs n' Toast  
Assorted Fresh Fruit,  
Assorted Juice, Milk and Water

Breakfast Burrito, 28  
Pancake Wrap,  
Nutri Grain Bar & Smoothie  
Grits, Scramble Eggs n' Toast  
Assorted Fresh Fruit, Assorted Juice,  
Milk and Water

Egg, Cheese Omelets & Toast 29  
Pancake, Bacon Egg Platter  
Cinnamon Rolls, Smoothie  
Cereal w. Nutri Grain Bar  
Assorted Fresh Fruit, Assorted Juice  
Milk and Water

Bacon, Egg, Cheese Croissant 30  
Chicken and Waffles,  
Cereal w. Nutri Grain Bar,  
Assorted Fresh Fruit, Assorted Juice,  
Milk and Water