

# Mitchell County Schools Breakfast Menu

123 August 2011

Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	<h2>A La Carte</h2> <p><b>Break-Facts</b></p> <p>Eating breakfast at school is a great way to start the day and helps get your body working at its best!</p> <p>Starting the day off on the right foot requires a healthy breakfast.</p> <p><b>Every day choices:</b> <i>cereal, toast, 100% fruit juice and milk choice.</i></p> <h2>School News</h2> <p><u>REMINDERS:</u></p> <p>We prefer breakfasts and lunches at each school to be paid for in advance on a weekly or monthly basis. Thank you!</p> <p><b>Menus are subject to change due to weather, calendar changes, product availability, and/or deliveries.</b></p> <p><small>"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Ave, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202)720-6382. USDA is an equal opportunity provider and employer."</small></p>
8	9 Breakfast Pizza	10 Biscuit w/ Gravy	11 Pancakes	12 Blueberry Muffin	
15 Pancake Sausage on Stick	16 Chicken Patty, Biscuit	17 Sausage Patty, Biscuit	18 French Toast Stix	19 Cinnamon Toast	
22 Cheese Toast	23 Breakfast Pizza	24 Biscuit w/ Gravy	25 Pancakes	26 Blueberry Muffin	
29 Waffles	30 Pancake Sausage on Stick	31 Scrambled Eggs, Toast			