



OCTOBER | 2017

Chattanooga Girls Leadership Academy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Whole Grain Cereals Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	3 Whole Grain Mini Bagels Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	4 Whole Grain Biscuit With Chicken Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	5 Whole Grain Biscuit with Jelly Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	6 No School for Students
9 Fall Break	10 Fall Break	11 Fall Break	12 Fall Break	13 Fall Break
16 Whole Grain Cereals Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	17 Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	18 Whole Grain French Toast Sticks Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	19 Whole Grain Assorted Muffins Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	20 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
23 Whole Grain Pop Tarts Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	24 Whole Grain Waffle Sticks Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	25 Whole Grain Cereals Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	26 Mini Maple Pancakes Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	27 Whole Grain Cherry Apple Crunch Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
30 Whole Grain Cereals Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	31 Whole Grain Mini Bagels Choice of Fruit Choice of 100% Fruit Juice Choice of Milk			

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Breakfast Includes up to 1 of each:

- >Entrée (includes grain & sometimes meat/meat alternative)
- > 100% Fruit Juice*
- > Whole Fruit*
- >Choice of Low-Fat or Fat-Free Mayfield's Milk
- *A breakfast must include a hot or cold entrée (whole grain and sometimes a meat/meat alternative) and at least 1 fruit or 1 serving of 100% fruit juice
- > Other Daily Breakfast Options: Assorted Cereal and Whole Grain Breakfast Pastry