



AUGUST | 2017

Chattanooga Girls Leadership Academy Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 First Day of School Whole Grain Reduced Sugar Assorted Cereals Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	4 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk Milk
7 Whole Grain Mini Bagels Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	8 Whole Grain Pop Tart Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	9 Whole Grain Oatmeal and Grits Bar Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	10 Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	11 Whole Grain Reduced Sugar Assorted Cereals Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
14 Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	15 Whole Grain Assorted Muffins Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	16 Whole Grain Reduced Sugar Assorted Cereals Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	17 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	18 Whole Grain Mini Bagels Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
21 Whole Grain Cherry Apple Crunch Bar Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	22 Yogurt Parfait with Whole Grain Granola Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	23 Whole Grain Oatmeal and Grits Bar Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	24 Whole Grain Assorted Muffins Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	25 Whole Grain Reduced Sugar Assorted Cereals Choice of Fruit Choice of 100% Fruit Juice Choice of Milk
28 Whole Grain Donut Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	29 Whole Grain Biscuit with Jelly Or Whole Grain Pop tart Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	30 Whole Grain Reduced Sugar Assorted Cereals Choice of One Breakfast Pastry Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	31 Whole Grain Mini Maple Pancakes Or Whole Grain Reduced Sugar Assorted Cereals Choice of Fruit Choice of 100% Fruit Juice Choice of Milk	

News

Welcome back to School!!

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**