

Spartanburg School District Six February 2012 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Biscuit or Yogurt w/ Graham Crackers or Variety Cereal w/ Toast Pineapples	2 Waffles w/ Syrup or Apple Frudel or Variety Cereal w/ Toast Chilled Peaches	3 Sausage Gravy Biscuit or Yogurt w/ Muffin or Variety Cereal w/ Toast Chilled Pears
6 Egg & Cheese Biscuit or Mini Pancakes w/ Syrup or Variety Cereal w/ Toast Fruit Cocktail	7 Sausage Biscuit or Bagel w/ Low Fat Cream Cheese or Variety Cereal w/ Toast Applesauce	8 Sausage & Grits w/ Toast or Yogurt w/ Graham Crackers or Variety Cereal w/ Toast Pineapples	9 French Toast Sticks w/ Syrup or Apple Frudel or Variety Cereal w/ Toast Chilled Peaches	10 No School
13 Ham Biscuit or Muffin w/ String Cheese Variety Cereal w/ Toast Chilled Pears	14 Grits & Eggs or Bagel w/ Low Fat Cream Cheese or Variety Cereal w/ Toast Applesauce	15 Pancake Pups or Yogurt w/ Graham Crackers or Variety Cereal w/ Toast Pineapples	16 Breakfast Pizza or Apple Frudel or Variety Cereal w/ Toast Chilled Peaches	17 Sausage Biscuit or Muffin w/ String Cheese or Variety Cereal w/ Toast Chilled Pears
20 Ham Biscuit or Mini Pancakes w/ Syrup or Variety Cereal w/ Toast Fruit Cocktail	21 French Toast Sticks w/ Syrup or Bagel w/ Low Fat Cream Cheese or Variety Cereal w/ Toast Applesauce	22 Chicken Biscuit or Yogurt w/ Graham Crackers or Variety Cereal w/ Toast Pineapples	24 Waffles w/ Syrup or Apple Frudel or Variety Cereal w/ Toast Chilled Peaches	25 Sausage Gravy Biscuit or Yogurt w/ Muffin or Variety Cereal w/ Toast Chilled Pears
27 Egg & Cheese Biscuit or Mini Pancakes w/ Syrup or Variety Cereal w/ Toast Fruit Cocktail	28 Sausage Biscuit or Bagel w/ Low Fat Cream Cheese or Variety Cereal w/ Toast Applesauce	29 Pancakes w/ Syrup or Bagel w/ Low Fat Cream Cheese or Variety Cereal w/ Toast Pineapples		

We offer a variety of low-fat and fat-free milk with every meal, including white and chocolate. We also offer an option of 100% fruit juice at each meal, including apple, orange, and grape. The majority of our grains, such as breads, buns, rice, pasta, and pizza crust, are whole grains, meaning 51% or more of the product contains whole grains.

Menu items are subject to change based on food availability.

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