



Calhoun County Schools Breakfast Menu - - - October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Those who bring sunshine to the lives of others cannot keep it from themselves.</p>			<p>1 Sausage Egg and Biscuit Potato Tots or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>2 Cheese Toast Grits w/ Ham Cubes or Assorted Cereal w/ Buttered Toast Assorted Juice</p>
<p>5 French Toast Sticks w/ Syrup Sausage Links or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>6 Cheese Eggs w/ Potato Tots or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>7 Ham and Cheese Grits Banana Muffin or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>8 Waffle w/ Syrup Sausage or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>9 Sausage Gravy and Biscuit or Assorted Cereal w/ Buttered Toast Assorted Juice</p>
<p>12 Ham and Egg Biscuit Potato Tots or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>13 Pancakes w/ Syrup Sausage Patty or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>14 Scrambled Eggs and Potato Tots or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>15 Cheese Toast Grits w/ Ham Cubes or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>16 French Toast Sticks and Sausage Link or Assorted Cereal w/ Buttered Toast Assorted Juice</p>
<p>19 Sausage and Egg Biscuit Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>20 Scrambled Egg w/ Cheese and Grits or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>21 Waffle w/ Syrup Sausage or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>22 Grits w/ cheese Toast Ham or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>23 Sausage Gravy and Biscuit or Assorted Cereal w/ Buttered Toast Assorted Juice</p>
<p>26 Scrambled Egg Grits or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>27 Sausage and Egg Biscuit Potato Tots or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>28 Pancakes w/ Syrup Sausage or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>29 Cheese Eggs w/ Potato Tots or Assorted Cereal w/ Buttered Toast Assorted Juice</p>	<p>30 French Toast Sticks and Sausage Link or Assorted Cereal w/ Buttered Toast Assorted Juice</p>

Choice of Lowfat White, Chocolate, or Strawberry Milk Offered Daily
Lunch Prices: Paid \$1.75 (Pre-K—5th) and \$200.00 (6th—12th) Reduced \$.40

Mission Statement: Our mission is to maintain a connection between sound nutrition and successful learning by providing the highest quality food and service possible. We are committed to creating a program to nourish and educate the hearts, minds and body of children while serving healthy, delicious breakfast and lunch each day in a warm and friendly atmosphere.



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