

AUGUST 2022



FLORENCE
SCHOOL DISTRICT 3
A PREMIER DISTRICT OF CHOICE



BREAKFAST

 9-12 Grades (LCH) "This institution is an equal opportunity provider." 		Start with breakfast every day to increase metabolism, energy levels and help avoid snacks between meals. Pick something 'grainy' and add protein. Try whole grain toast with eggs or baked beans or banana and peanut butter. Menus are subject to change based on product availability.		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Fruit Juice	2 Mini Banana or Blueberry Loaf Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	3 Breakfast Pizza OR Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice	4 Pancake Pup OR Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice	5 Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Nutri-Grain Bar Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice	9 Chicken Bites Seasoned Potato Rounds Assorted Chilled Fruit Fruit Juice	10 Breakfast Pizza OR Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice	11 Chicken Bites w/Mini Pancakes & Syrup OR Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice	12 Breakfast Dunkin Stick Pop Tart Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Fruit Juice	16 Mini Banana or Blueberry Loaf Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	17 Breakfast Pizza OR Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice	18 Pancake Pup OR Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice	19 Sausage Patty Toast Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Nutri-Grain Bar Muffin Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	23 Chicken Bites Seasoned Potato Rounds Assorted Chilled Fruit Fruit Juice	24 Breakfast Pizza OR Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice	25 Chicken Bites w/Mini Pancakes & Syrup OR Muffin Yogurt Parfait Cereal Bowl Assorted Chilled Fruit Fruit Juice	26 Breakfast Dunkin Stick Pop Tart Cereal Bowl Assorted Chilled Fruit Fruit Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Sausage Patty Grits Bowl Cereal Bowl Assorted Chilled Fruit Fruit Juice	30 Mini Banana or Blueberry Loaf Yogurt Cereal Bowl Assorted Chilled Fruit Fruit Juice	31 Breakfast Pizza OR Cereal Bowl Yogurt Parfait Assorted Chilled Fruit Fruit Juice		Low-Fat White, Fat Free Chocolate or Fat Free White Milk Daily Adult Meal Price: \$3.07