AUGUST 2026

FLORENCE SCHOOL DISTRICT 3
A PREMIER DISTRICT OF CHOICE

BREAKFAST

9-12 Grades (LCH)

"This institution is an equal opportunity provider."

Adult Breakfast Price: $3.50

Nutritional Tips…

SIZE MATTERS - Keeping an eye on portion size is key to maintaining a healthy weight. Avoid supersized portions. Use a smaller plate, bowl and glass. Stop eating when you are satisfied, not full.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 French Toast Sticks Yogurt Parfait Cereal Bowl Apple Slices Fruit Juice	4 Chicken Bites Cereal Bowl Seasoned Potato Tots Fresh Orange Slices Fruit Juice	5 Breakfast Pizza or Cereal Bowl Yogurt Parfait Fresh Apple Fruit Juice	6 Chicken Bites Mini Pancakes & Syrup Yogurt Parfait Cereal Bowl Fresh Fruit Cup Fruit Juice	7 Cinnamon Toast Crunch Cereal Bar Pop Tart Cereal Bar Fresh Fruit Cup Fruit Juice
10 Sausage Patty Grits Bowl Cereal Bowl Apple Slices Fruit Juice	11 Mini Banana Loaf Yogurt Parfait Cereal Bowl Fresh Orange Slices Fruit Juice	12 Breakfast Pizza or Cereal Bowl Yogurt Parfait Fresh Apple Fruit Juice	13 Pancake Pup Yogurt Parfait Cereal Bowl Fresh Fruit Cup Fruit Juice	14 Sausage Patty Grits Bowl Cereal Bowl Fresh Fruit Cup Fruit Juice
17 French Toast Sticks Yogurt Parfait Cereal Bowl Apple Slices Fruit Juice	18 Chicken Bites Cereal Bowl Seasoned Potato Tots Fresh Orange Slices Fruit Juice	19 Breakfast Pizza or Cereal Bowl Yogurt Parfait Fresh Apple Fruit Juice	20 Chicken Bites Mini Pancakes & Syrup Yogurt Parfait Cereal Bowl Fresh Fruit Cup Fruit Juice	21 Mini Banana Loaf Yogurt Parfait Cereal Bowl Fresh Fruit Cup Fruit Juice
24 Sausage Patty Grits Bowl Cereal Bowl Apple Slices Fruit Juice	25 Mini Banana Loaf Yogurt Parfait Cereal Bowl Fresh Orange Slices Fruit Juice	26 Breakfast Pizza or Cereal Bowl Yogurt Parfait Fresh Apple Fruit Juice	27 Pancake Pup Yogurt Parfait Cereal Bowl Fresh Fruit Cup Fruit Juice	28 Sausage Links Grits Bowl Cereal Bowl Fresh Fruit Cup Fruit Juice
31 French Toast Sticks Yogurt Parfait Cereal Bowl Apple Slices Fruit Juice				**Milk Choices Daily**: Low-Fat White, Fat-Free White, Fat-Free Chocolate, Fat-Free Strawberry

Menus are subject to change based on product availability.

Adult Meal Price:

AUGUST 2026

FLORENCE 3 SCHOOL DISTRICT
A PREMIER DISTRICT OF CHOICE

GRAB-N-GO BREAKFAST

9-12 Grades (LCH)

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Adult Breakfast Price: $3.50

Nutritional Tips…

SIZE MATTERS - Keeping an eye on portion size is key to maintaining a healthy weight. Avoid supersized portions. Use a smaller plate, bowl and glass. Stop eating when you are satisfied, not full.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 YoGo Coffee Cooler Yogurt Parfait Muffin Nutri-Grain Bar Assorted Fresh Fruit Fruit Juice	5 YoGo Coffee Cooler Yogurt Parfait Pop Tart Lemon Bread Assorted Fresh Fruit Fruit Juice	6	7 YoGo Coffee Cooler Yogurt Parfait Min Banana Loaf Blueberry Bread Assorted Fresh Fruit Fruit Juice
10	11 YoGo Coffee Cooler Yogurt Parfait Muffin Cinnamon Roll Assorted Fresh Fruit Fruit Juice	12 YoGo Coffee Cooler Yogurt Parfait Muffin Nutri-Grain Bar Assorted Fresh Fruit Fruit Juice	13	14 YoGo Coffee Cooler Yogurt Parfait Pop Tart Lemon Bread Assorted Fresh Fruit Fruit Juice
17	18 YoGo Coffee Cooler Yogurt Parfait Mini Banana Loaf Blueberry Bread Assorted Fresh Fruit Fruit Juice	19 YoGo Coffee Cooler Yogurt Parfait Muffin Cinnamon Roll Assorted Fresh Fruit Fruit Juice	20	21 YoGo Coffee Cooler Yogurt Parfait Muffin Nutri-Grain Bar Assorted Fresh Fruit Fruit Juice
24	25 YoGo Coffee Cooler Yogurt Parfait Pop Tart Lemon Bread Assorted Fresh Fruit Fruit Juice	26 YoGo Coffee Cooler Yogurt Parfait Mini Banana Loaf Blueberry Bread Assorted Fresh Fruit Fruit Juice	27	28 YoGo Coffee Cooler Yogurt Parfait Muffin Cinnamon Roll Assorted Fresh Fruit Fruit Juice
31				Milk Choices Daily: Low-Fat White, Fat-Free White, Fat-Free Chocolate, Fat-Free Strawberry

Menus are subject to change based on product availability.

Adult Meal Price: