

# August 2020

## BREAKFAST

Southgate Academy, Inc.  
850 W. Valencia Road  
Tucson, AZ 85706

Menu is subject to change.



**Nutrition Tip:** Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



### Monday

3

### Tuesday

4

### Wednesday

5

### Thursday

6

### Friday

7

PANCAKES  
CHEESESTICK  
DICED PEACHES  
CHOICE OF 1% OR FAT FREE WHITE MILK

CEREAL  
CHEESE STICK  
WHOLE WHEAT TOAST  
STRAWBERRY CUP  
CHOICE OF 1% OR FAT FREE WHITE MILK

FRENCH TOAST  
BLUE BERRY  
YOGURT  
GRAPES  
CHOICE OF 1% OR FAT FREE WHITE MILK

CEREAL  
CHEESE STICK  
WHOLE WHEAT TOAST  
STRAWBERRY CUP  
CHOICE OF 1% OR FAT FREE WHITE MILK

10

SCRAMBLED EGGS  
WHOLE WHEAT TOAST  
MIXED FRUIT  
CHOICE OF 1% OR FAT FREE WHITE MILK

11

PANCAKES  
CHEESESTICK  
DICED PEACHES  
CHOICE OF 1% OR FAT FREE WHITE MILK

12

OATMEAL  
CHEESE STICK  
WHOLE WHEAT TOAST  
APPLESAUCE  
CHOICE OF 1% OR FAT FREE WHITE MILK

13

BREAKFAST MUFFIN  
CHEESE STICK  
APPLE/ORANGE  
CHOICE OF 1% OR FAT FREE WHITE MILK

14

CEREAL  
CHEESE STICK  
WHOLE WHEAT TOAST  
STRAWBERRY CUP  
CHOICE OF 1% OR FAT FREE WHITE MILK

17

SCRAMBLED EGGS  
WHOLE WHEAT TOAST  
MIXED FRUIT  
CHOICE OF 1% OR FAT FREE WHITE MILK

18

PANCAKES  
CHEESESTICK  
DICED PEACHES  
CHOICE OF 1% OR FAT FREE WHITE MILK

19

BREAKFAST BURRITO  
BLUEBERRIES  
CHOICE OF 1% OR FAT FREE WHITE MILK

20

YOGURT PARFAIT  
WHOLE WHEAT TOAST  
APPLESAUCE CUP  
CHOICE OF 1% OR FAT FREE WHITE MILK

21

CEREAL  
CHEESE STICK  
WHOLE WHEAT TOAST  
STRAWBERRY CUP  
CHOICE OF 1% OR FAT FREE WHITE MILK

24

SCRAMBLED EGGS  
WHOLE WHEAT TOAST  
MIXED FRUIT  
CHOICE OF 1% OR FAT FREE WHITE MILK

25

PANCAKES  
CHEESESTICK  
DICED PEACHES  
CHOICE OF 1% OR FAT FREE WHITE MILK

26

CEREAL  
CHEESE STICK  
WHOLE WHEAT TOAST  
STRAWBERRY CUP  
CHOICE OF 1% OR FAT FREE WHITE MILK

27

FRUIT BREAKFAST PIZZA  
MIXED BERRY CUP  
CHOICE OF 1% OR FAT FREE WHITE MILK

28

CEREAL  
CHEESE STICK  
WHOLE WHEAT TOAST  
STRAWBERRY CUP  
CHOICE OF 1% OR FAT FREE WHITE MILK

31

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