

# SOUTHGATE ACADEMY



## BREAKFAST Menu

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2</p>	<p>3</p> <ul style="list-style-type: none"> <li>Assorted Cereal</li> <li>Yogurt</li> <li>Sliced Peaches</li> <li>Pear</li> <li>Whole Wheat Toast</li> <li>Red Apple</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Scrambled Eggs</li> <li>Whole Wheat Tortilla</li> <li>Gator Potatoes</li> <li>Green Apple</li> <li>Yogurt</li> <li>Applesauce</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Yogurt Banana Split</li> <li>Cheese Stick</li> <li>Whole Wheat Toast</li> <li>Mixed Fruit</li> <li>Green Apple</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Blueberry Smoothie</li> <li>Nutri Grain Bar</li> <li>Cheese Stick</li> <li>Red Apple</li> <li>Watermelon</li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>Assorted Cereal</li> <li>Sliced Peaches</li> <li>Whole Wheat Toast</li> <li>Cheese stick</li> <li>Yogurt</li> <li>Apple</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>Scrambled Eggs</li> <li>Whole Wheat Tortilla</li> <li>Gator Potatoes</li> <li>Green Apple</li> <li>Red Grapes</li> <li>Yogurt</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Cereal</li> <li>Whole Wheat Toast</li> <li>Cheese stick</li> <li>Applesauce</li> <li>Red Grapes</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>French Toast</li> <li>Yogurt</li> <li>Turkey Bacon</li> <li>Orange</li> <li>Red Apple</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>Mixed Fruit Parfait</li> <li>Berry Medley</li> <li>Whole Wheat Toast</li> <li>Orange Juice</li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>Whole Wheat Pancakes</li> <li>Cheese Stick</li> <li>Apple Slices</li> <li>Yogurt</li> <li>Berry Cup</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>Multi Grain Bagel</li> <li>Assorted Cereal</li> <li>Cheese Stick</li> <li>Orange Juice</li> <li>Kiwi Cup</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Whole Wheat Waffles</li> <li>Assorted Cereal</li> <li>Applesauce</li> <li>Green Apple</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>Yogurt Banana Split</li> <li>Cheese Stick</li> <li>Whole Wheat Toast</li> <li>Assorted Cereal</li> <li>Peaches</li> <li>Orange</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>Strawberry Smoothie</li> <li>Cheese Stick</li> <li>Yogurt</li> <li>Assorted Cereal</li> <li>Kiwi Cup</li> <li>Red Grapes</li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>Assorted Cereal</li> <li>Yogurt</li> <li>Sliced Peaches</li> <li>Whole Wheat Toast</li> <li>Applesauce</li> <li>Orange Juice</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>Scrambled Eggs</li> <li>Whole Wheat Tortilla</li> <li>Yogurt</li> <li>Gator Potatoes</li> <li>Green Apple</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>Cereal</li> <li>Whole Wheat Toast</li> <li>Applesauce</li> <li>Kiwi Cup</li> <li>Yogurt</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>French Toast</li> <li>Turkey Bacon</li> <li>Orange Smile</li> <li>Yogurt</li> <li>Red Apple</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>Mixed Fruit Parfait</li> <li>Granola</li> <li>Yogurt</li> <li>Apple</li> <li>Orange</li> </ul>
<p>29</p> <ul style="list-style-type: none"> <li>Whole Wheat Pancakes</li> <li>Turkey Sausage</li> <li>Cheese Stick</li> <li>Mixed Fruit</li> <li>Assorted Cereal</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>Assorted Cereal</li> <li>Yogurt</li> <li>Sliced Peaches</li> <li>Pear</li> <li>Whole Wheat Toast</li> <li>Red Apple</li> </ul>			

Choice of fat free and 1% milk and water is available for all students.  
Menu is subject to change.

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