

SOUTHGATE ACADEMY



**SOUTHGATE ACADEMY IS AN
EQUAL OPPORTUNITY PROVIDER**

MENU IS SUBJECT TO CHANGE

BREAKFAST Menu

July-December 2021

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|-------------------------------------|-----------------------------------|---|---|--------------------------------------|
| 1 | Waffles Fruit Cup Milk | Pancakes Fruit Cup Milk | Scrambled Eggs Apple Milk | Pancakes Grapes Milk | Waffles Fruit Cup Milk |
| 2 | Granola Bar Blue Berries Milk | French Toast Fruit Cup Milk | Scrambled Eggs WW Toast Strawberries Milk | Cereal Fruit Cup WW Toast Milk | Chicken Biscuit Fruit Cup Milk |
| 3 | Waffles Fruit Cup Milk | Pancakes Fruit Cup Milk | Egg Burrito Apple Milk | Pancakes Fruit Cup Milk | Waffles Fruit Cup Milk |
| 4 | Granola Bar Blue Berries Milk | French Toast Fruit Cup Milk | Scrambled Eggs WW Toast Strawberries Milk | Pancakes Fruit Cup WW Toast Milk | Chicken Biscuit Fruit Cup Milk |
| 5 | Granola Bar Blue Berries Milk | French Toast Fruit Cup Milk | Scrambled Eggs WW Toast Strawberries Milk | Pancakes Fruit Cup WW Toast Milk | Chicken Biscuit Fruit Cup Milk |

OTHER DAILY SELECTIONS:

ENTREES

Cheese Stick
Yogurt
Cereal

DRINKS

Water bottle
1% milk
Fat Free Milk

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | | | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

Week 5 Meal Plan