## AUGUST 2022

lender

## Hancock Middle/High School

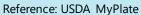
## BREAKFAST



Daily Items: Juice/Milk, Cereal, Pop-tarts, Yogurt, Fruit, Salad Bar, Menus are subject to change USDA is an equal opportunity provider, employer, and



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage Biscuit	Chicken Biscuit	Breakfast Pizza	French Toast Sticks	Biscuit & Gravy
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice
1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk
Sausage Biscuit	Pancake Sausage Wrap	Muffins	Bacon Biscuit	Biscuit & Gravy
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice
1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk
Sausage Biscuit	Chicken Biscuit	Breakfast Pizza	French Toast Sticks	Biscuit & Gravy
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice
1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk
Sausage Biscuit	Pancake Sausage Wrap	Muffins	Bacon Biscuit	Biscuit & Gravy
Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice	Fruit Variety & Juice
1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk	1% or Fat Free Milk
Sausage Biscuit Assorted Cereal Fruit Variety & Juice 1% or Fat Free Milk	Chicken Biscuit Assorted Cereal Fruit Variety & Juice 1% or Fat Free Milk	Breakfast Pizza Assorted Cereal Fruit Variety & Juice 1% or Fat Free Milk		