

# Southern Fulton School District Breakfast Menu October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
9/27/21	9/28/21	9/29/21	9/30/21	10/1/21
		one Breakfast and Lunch will be provided free for all students		Breakfast Pizza
				Choice of Juice Choice of Milk
10/4/21	10/5/21	10/6/21	10/7/21	10/8/21
Poptart	Blueberry Pancake in a bag	Sausage Egg and Cheese Sandwich	Breakfast Pizza	Cinnamon Roll
Choice of Juice Choice of Milk	Choice of Juice Choice of Milk	Choice of Juice Choice of Milk	Choice of Juice Choice of Milk	Choice of Juice Choice of Milk
10/11/21	10/12/21	10/13/21	10/14/21	10/15/21
Sausage and Egg Sandwich	Cereal Bar	Pancake on a Stick	No School	No School
Choice of Juice Choice of Milk	Choice of Juice Choice of Milk	Choice of Juice Choice of Milk		
10/18/21	10/19/21	10/20/21	10/21/21	10/22/21
Poptart	Breakfast Sandwich	Cinnamon Roll	Breakfast Pizza	Pancake on a Stick
Choice of Juice Choice of Milk	Choice of Juice Choice of Milk	Choice of Juice Choice of Milk	Choice of Juice Choice of Milk	Choice of Juice Choice of Milk
10/25/21	10/26/21	10/27/21	10/28/21	10/29/21
Cinnamon Roll	Waffles	Bacon Egg and Cheese Sandwich	Breakfast Pizza	Funnel Cake
Choice of Juice Choice of Milk	Choice of Juice Choice of Milk	Choice of Juice Choice of Milk	Choice of Juice Choice of Milk	Choice of Juice Choice of Milk

**What is a Meal?**  
 You must choose at least 3 of the 4 components available for the school breakfast price.

**Choice of:**  
**Grain or grain protein**  
**Fruit**  
 (must take at least a 1/2 cup)  
**Milk**  
 (1% white or chocolate)

Jaime Barnard  
 General Manager  
 jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.