

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>ENTREE</u> (select 1)</p> <p><i>Traditional Menu</i></p> <p>(1) Sausage or chicken biscuit (2) Cereal variety & toast</p> <p><i>Fast Break Menu</i></p> <p>(1) Benefit bar (variety of flavors) (2) Fruit frudel (variety of flavors)</p>	<p><u>ENTREE</u> (select 1)</p> <p><i>Traditional Menu</i></p> <p>(1) Biscuit & gravy (2) Cinnamon roll (3) Cereal variety & toast</p> <p><i>Fast Break Menu</i></p> <p>(1) Benefit bar (variety of flavors) (2) Glazed donut ring</p>	<p><u>ENTREE</u> (select 1)</p> <p><i>Traditional Menu</i></p> <p>(1) Breakfast pizza (2) Cereal variety & toast</p> <p><i>Fast Break Menu</i></p> <p>(1) Benefit bar (variety of flavors) (2) PB&J Jamwich</p>	<p><u>ENTREE</u> (select 1)</p> <p><i>Traditional Menu</i></p> <p>(1) Crispy steak biscuit (2) Blueberry waffle (3) Cereal variety & toast</p> <p><i>Fast Break Menu</i></p> <p>(1) Benefit bar (variety of flavors) (2) Blueberry waffle</p>	<p><u>ENTREE</u> (select 1)</p> <p><i>Traditional Menu</i></p> <p>(1) Dutch waffle (2) Cereal variety & toast</p> <p><i>Fast Break Menu</i></p> <p>(1) Benefit bar (variety of flavors) (2) Maple mini pancakes</p>
<p><u>FRUIT</u></p> <p><i>Traditional</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak</i> select 1 fresh fruit</p>	<p><u>FRUIT</u></p> <p><i>Traditional</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak</i> select 1 fresh fruit</p>	<p><u>FRUIT</u></p> <p><i>Traditional</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak</i> select 1 fresh fruit</p>	<p><u>FRUIT</u></p> <p><i>Traditional</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak</i> select 1 fresh fruit</p>	<p><u>FRUIT</u></p> <p><i>Traditional</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak</i> select 1 fresh fruit</p>
<p><u>MILK VARIETY</u> select 1 (fat free) white or chocolate</p>	<p><u>MILK VARIETY</u> select 1 (fat free) white or chocolate</p>	<p><u>MILK VARIETY</u> select 1 (fat free) white or chocolate</p>	<p><u>MILK VARIETY</u> select 1 (fat free) white or chocolate</p>	<p><u>MILK VARIETY</u> select 1 (fat free) white or chocolate</p>



**Giles County Public Schools
Elementary/Middle Breakfast Cycle Menu
2022-23**

TRADITIONAL MENU--served in
the cafeteria (7:30-8:15)
FAST BREAK MENU--grab & go
options for students to eat in
their first period classroom
(served from cafeteria 8:15-9:00)

Menus are subject to change.

"This institution is an equal opportunity provider."

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>ENTREE</u> (select 1)</p> <p><i>Traditional Menu</i></p> <p>(1) Crispy steak biscuit (2) Cinnamon roll (3) Cereal variety & toast</p> <p><i>Fast Break Menu</i></p> <p>(1) Benefit bar (variety of flavors) (2) Fruit frudel (variety of flavors)</p>	<p><u>ENTREE</u> (select 1)</p> <p><i>Traditional Menu</i></p> <p>(1) Breakfast pizza (2) Cereal variety & toast (3) Fruit & yogurt parfait</p> <p><i>Fast Break Menu</i></p> <p>(1) Benefit bar (variety of flavors) (2) Fruit smoothie (variety of flavors)</p>	<p><u>ENTREE</u> (select 1)</p> <p><i>Traditional Menu</i></p> <p>(1) Sausage or chicken biscuit (2) Cereal variety & toast</p> <p><i>Fast Break Menu</i></p> <p>(1) Benefit bar (variety of flavors) (2) Glazed donut ring (3) PB&J Jamwich</p>	<p><u>ENTREE</u> (select 1)</p> <p><i>Traditional Menu</i></p> <p>(1) Biscuit & gravy (2) Cereal variety & toast</p> <p><i>Fast Break Menu</i></p> <p>(1) Benefit bar (variety of flavors) (2) Coffee cooler (3) Blueberry waffle</p>	<p><u>ENTREE</u> (select 1)</p> <p><i>Traditional Menu</i></p> <p>(1) Dutch waffle (2) Blueberry waffle (3) Cereal variety & toast</p> <p><i>Fast Break Menu</i></p> <p>(1) Benefit bar (variety of flavors) (2) Dutch waffle</p>
<p><u>FRUIT</u></p> <p><i>Traditional</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak</i> select 1 fresh fruit</p>	<p><u>FRUIT</u></p> <p><i>Traditional</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak</i> select 1 fresh fruit</p>	<p><u>FRUIT</u></p> <p><i>Traditional</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak</i> select 1 fresh fruit</p>	<p><u>FRUIT</u></p> <p><i>Traditional</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak</i> select 1 fresh fruit</p>	<p><u>FRUIT</u></p> <p><i>Traditional</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak</i> select 1 fresh fruit</p>
<p><u>MILK VARIETY</u> select 1 (fat free) white, chocolate, or strawberry</p>	<p><u>MILK VARIETY</u> select 1 (fat free) white, chocolate, or strawberry</p>	<p><u>MILK VARIETY</u> select 1 (fat free) white, chocolate, or strawberry</p>	<p><u>MILK VARIETY</u> select 1 (fat free) white, chocolate, or strawberry</p>	<p><u>MILK VARIETY</u> select 1 (fat free) white, chocolate, or strawberry</p>



**Giles County Public Schools
High School Breakfast Cycle Menu
2022-23**

TRADITIONAL MENU--served in
the cafeteria (7:30-8:15)
FAST BREAK MENU--grab & go
options for students to eat in
their first period classroom
(served from cafeteria 8:15-9:00)

Menus are subject to change.

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