

# FCHS Breakfast Menu Calendar 2019-2020

## Whole Grain Breakfast Pastry offered Daily

MENUS SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p><b>Choice of One:</b> Egg Extravaganza w/toast &amp; Hash Brown/Salsa Strawberry Shortcake Yogurt Parfait Glazed Donut Choice of Cereal Bowl</p> <p><b>Choose one or Both:</b> Chilled Juice Sliced Peaches</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Chicken &amp; Biscuit Chunky Monkey Yogurt Parfait Donut Holes Choice of Cereal Bowl</p> <p><b>Choose one or Both:</b> Chilled Juice Banana</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Breakfast Pizza Banana Split Yogurt Parfait Glazed Donut Choice of Cereal Bowl</p> <p><b>Choose one or Both:</b> Chilled Juice Lime Splash Mixed Fruit Cup</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Colby Jack Omelet w/ Mini Pancakes Chunky Monkey Yogurt Parfait Donut Holes Powdered Gems Choice of Cereal Bowl</p> <p><b>Choose one or Both:</b> Chilled Juice Mandarin Orange Cup</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Funnel Cake Friday Sausage, Egg &amp; Cheese Biscuit Strawberry Shortcake Yogurt Parfait Glazed Donut Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Apple Slices</p> <p><b>Healthy Milk Choices</b></p>
WEEK 2	<p><b>Choice of One:</b> Biscuit &amp; Gravy w /tator tots Strawberry Shortcake Yogurt Parfait Glazed Donut Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Sliced Peaches</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Breakfast Pizza Chunky Monkey Yogurt Parfait Donut Holes Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Banana</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Sausage Biscuit Banana Split Yogurt Parfait Glazed Donut Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Lime Splash Mixed Fruit Cup</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Chicken in a Box w/Waffle Chunky Monkey Yogurt Parfait Donut Holes Yogurt Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Flavored Applesauce</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Hot Ham &amp; Cheese Croissant Strawberry Shortcake Yogurt Parfait Glazed Donut Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Apple Slices</p> <p><b>Healthy Milk Choices</b></p>
WEEK 3	<p><b>Choice of One:</b> French Toast Sticks Strawberry Shortcake Yogurt Parfait Glazed Donut Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Sliced Peaches</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Bacon, Egg, Cheese Biscuit Chunky Monkey Yogurt Parfait Donut Holes Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Fresh Strawberries</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Cinnamon Glazed Texas Toast Banana Split Yogurt Parfait Glazed Donut Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Lime Splash Mixed Fruit Cup</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Chicken Biscuit Chunky Monkey Yogurt Parfait Donut Holes Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Fresh Grapes</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choice of One:</b> Pancake Sausage On a Stick Strawberry Shortcake Yogurt Parfait Glazed Donut Choice of Cereal Bowl</p> <p><b>Choose One or Both:</b> Chilled Juice Apple Slices</p> <p><b>Health Milk Choices</b></p>

AUGUST 2019					SEPTEMBER 2019					OCTOBER 2019					NOVEMBER 2019					DECEMBER 2019				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
			1	2	2	3	4	5	6	1	2	3	4					1	2	3	4	5	6	
5	6	7	8	9	9	10	11	12	13	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13
12	13	14	15	16	16	17	18	19	20	FALL BREAK					11	12	13	14	15	16	17	18	19	20
19	20	21	22	23	23	24	25	26	27	21	22	23	24	25	18	19	20	21	22	CHRISTMAS BREAK				
26	27	28	29	30	30	28	29	30	31	25	26	27	28	29										

JANUARY 2020					FEBRUARY 2020					MARCH 2020					APRIL 2020					MAY 2020				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
CHRISTMAS BREAK					3	4	5	6	7	2	3	4	5	6	SPRING BREAK					1				
6	7	8	9	10	10	11	12	13	14	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
13	14	15	16	17	17	18	19	20	21	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
20	21	22	23	24	24	25	26	27	28	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
27	28	29	30	31		SPRING BREAK					27	28	29	30	25	26	27	28	29					

JUNE 2020				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

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