

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
Southern Style Chicken Biscuit Fruit Juice Low Fat Milk	French Toast Sticks with Powdered Sugar Choice of Cereal Fresh Fruit / Juice Low Fat Milk	Scrambled Eggs Toast with Jelly Fresh Fruit Juice Low Fat Milk	Pancake Griddle Stick with Maple Syrup Fresh Fruit Juice Low Fat Milk	Cheddar Grits Biscuit with Jelly Fruit Juice Low Fat Milk
15	16	17	18	19
Breakfast Pizza with Sausage and Cheese Fruit Juice Low Fat Milk	Buttered Croissant with Ham and Cheese Fresh Fruit Juice Low Fat Milk	Wild Blueberry Muffin Choice of Cereal Fresh Fruit Juice Low Fat Milk	Country Style Sausage Gravy and Biscuit Fresh Fruit Juice Low Fat Milk	Buttered Grits Cheese Toast Fruit Juice Low Fat Milk
22	23	24	25	26
Sausage Patty Biscuit Fruit Juice Low Fat Milk	Golden Waffle Sticks with Maple Syrup Fresh Fruit Juice Low Fat Milk	Breakfast Bagel with Sausage and Cheese Fresh Fruit Juice Low Fat Milk	Apple-Cranberry Muffin Choice of Cereal Fresh Fruit / Juice Low Fat Milk	Cheddar Grits Scrambled Eggs Fruit Juice Low Fat Milk
29	30	31	<p>NUTRITION TIP: What is whole grain? Whole grains are seeds that consist of three components;</p> 	
Cinnamon Raisin Biscuit with Icing Choice of Cereal Fruit / Juice Low Fat Milk	Southern Style Chicken Biscuit Fresh Fruit Juice Low Fat Milk	Pancake Griddle Stick with Maple Syrup Fresh Fruit Juice Low Fat Milk		

Menu may vary due to availability of food.

Equal Opportunity Policy: It is the official policy of Covington County School System that no person shall, on the ground of race, sex, religion, color, creed, national origin, handicap, or age, be excluded from participation in, be denied the benefits of or be subjected to discrimination under any program, activity, or employment. Inquiries of complaints regarding compliance with federal regulations may be directed to Ricky Messick, Covington County Board of Education, 807 C.C. Baker Avenue, Andalusia, AL. 36420, (334) 222-7571.

School Information:

August 8 – First Day of School