INTERMEDIATE September 2019 BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
² Holiday	3 French Toast Mini's Or Cereal and Toast Fresh Orange Juice Milk	4 Cocoa Puff Pastry Or Cereal and Toast Banana Juice Milk	5 Blueberry Muffin Or Cereal and Toast Pineapple Tidbits Juice Milk	6 BREAKFAST w/GRANDPARENTS Sausage Biscuit Or Cereal and Toast Applesauce Juice Milk
9 Banana Muffin Or Cereal Pineapple Tidbits Juice Milk	10 Breakfast Pizza Or Cereal Applesauce Juice Milk	11 Strawberry Bagel Or Cereal Banana Juice Milk	12 Powdered Donuts Or Cereal Fresh Orange Juice Milk	13 Sausage Roll Or Cereal Diced Peaches Juice Milk
16 Chocolate Muffin Or Cereal Fresh Orange Juice Milk	17 Chicken Slider Or Cereal Apple Juice Milk	18 Pancake & Sausage on a Stick Or Cereal Banana Juice Milk	19 Dutch Waffle Or Cereal Diced Peaches Juice Milk	20 Breakfast Pizza Or Cereal Mandarin Oranges Juice Milk
23 Mini Pancakes Or Cereal Pineapple Tidbits Juice Milk	24 Sausage Biscuit Or Cereal Applesauce Juice Milk	25 Cinnamon Toast Pastry Or Cereal Banana Juice Milk	26 Scrambled Eggs & Toast Or Cereal Fresh Orange Juice Milk	27 Sausage Roll Or Cereal Diced Peaches Juice Milk
30 Powdered Donuts Or Cereal Apple Juice Milk				

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SPECIAL NOTES

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- All students are provided with a FREE complete breakfast at Gilmer Intermediate. Students must take at least three (3) of the four (4) items offered but are encouraged to take all four. Two main items are offered daily, students may take one. (Example: Breakfast Pizza OR Cereal and Toast) All menus are compliant with the USDA guidelines.
 - All Bread items are whole grain rich and may have a meat item offered to go with them.
 - All fresh fruits served are purchased weekly and canned fruits are packed in light syrup or their own natural juices.

All juice served are 100% juice. Assorted flavors of Apple, Grape and Orange are offered daily.

- A choice of flavored milk is offered every day.
- Menus are subject to change due to availability.