

**BREAKFAST**

Middle School 6-8

# AUGUST 2022

Russell County Schools

OFFERED DAILY

An assortment of low-fat milk, whole grain pastries, fruits, juice and breakfast sandwich.

Monday

Tuesday

Wednesday

Thursday

Friday

1

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18

19

**Biscuit with Gravy**  
**Scrambled Eggs**  
**Bacon**  
Fruit/Juice  
Milk

**French Toast Stix**  
**Sausage**  
Fruit/Juice  
Milk

**Breakfast Pizza**  
Fruit/Juice  
Milk

**Chicken Biscuit**  
Fruit/Juice  
Milk

22

**Cereal Toast**  
Fruit/Juice  
Milk

23

**Pancakes**  
**Sausage**  
Fruit/Juice  
Milk

24

**Yogurt and Granola**  
**Or Cereal**  
Fruit/Juice  
Milk

25

**Scrambled Eggs**  
**Hash Browns**  
**Cinnamon Toast**  
Fruit/Juice  
Milk

26

**Donut Holes**  
Fruit/Juice  
Milk

29

**Bacon/Egg/Cheese Biscuit**  
Fruit/Juice  
Milk

30

**Waffle w/ syrup**  
Fruit/Juice  
Milk

31

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**\*\*Must choose at least 3 food items including: ½ cup fruit and at least 2 other items.**

**\*\*All menu items are subject to change without prior notification.**

**MY SCHOOL BUCKS** **PAY FOR MEALS ONLINE**  
MySchoolBucks.com