

October 2020

CHATTOOGA HIGH SCHOOL

BREAKFAST



Cafeteria Manager, Debbie Mitchell



Nutrition Tip: Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off



USDA is an equal opportunity provider, employer, and lender. Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



French Toast w/ sausage link
Fruit and/or Juice
Milk **1**

Muffins OR Yogurt OR Cereal/Cereal Bar OR Pop tart
Fruit and/or Juice
Milk **2**

5
VIRTUAL LEARNING DAY
Meal Delivery: 11 AM-12 PM
OR
Meal Pick Up: 12 PM-1 PM

6
Sausage biscuit w/ gravy
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

7
Chicken biscuit
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

8
Donut Holes OR Cheddar cheese stick
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

9
Honey Bun OR Cheese stick
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

12
FALL BREAK

13
FALL BREAK

14
FALL BREAK

15
FALL BREAK

16
FALL BREAK

19
VIRTUAL LEARNING DAY
Meal Delivery: 11 AM-12 PM
OR
Meal Pick Up: 12 PM-1 PM

20
Sausage Biscuit w/ gravy
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

21
Chicken biscuit
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

22
Pancake Pups
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

23
French toast w/ bacon
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

26
VIRTUAL LEARNING DAY
Meal Delivery: 11 AM-12 PM
OR
Meal Pick Up: 12 PM-1 PM

27
Sausage biscuit w/ gravy
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

28
Chicken Biscuit
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

29
Pancakes w/ bacon
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk

30
Chocolate Doughnuts
Cereal/Cereal Bar
Pop tart
Fruit and/or Juice
Milk