

ZHS September 2017

Mon

Tue

Wed

Thu

Fri

				1 Cheese Grits Eggs Biscuits Cereal Fruit Choice Juice Milk Choice
4 No School	5 Breakfast Sliders Hash browns Cereal Sausage Fruit Choice Juice Milk Choice	6 Grits Biscuits Eggs Cereal Fruit Choice Juice Milk Choice	7 Pancake Pup Cereal Fruit Choice Yogurt Juice Milk Choice	8 Cinnamon rolls Bacon Cereal Fruit Choice Juice Milk choice
11 Cheese Grits Eggs Biscuits Cereal Fruit Choice Juice Milk Choice	12 Blueberry Mini Pancakes Bacon Cereal Fruit Choice Juice Milk Choice	13 Grits Biscuits Sausage Cereal Fruit Choice Juice Milk Choice	14 Breakfast Taco Hash browns Cereal Yogurt Fruit Choice Juice Milk Choice	15 Breakfast Pizza Cereal Fruit Choice Juice Milk choice
18 Grits Bacon Biscuits Cereal Fruit Choice Juice Milk Choice	19 Muffins Hash browns Cereal Yogurt Fruit Choice Juice Milk Choice	20 Oatmeal Eggstravanza Toast Cereal Fruit Choice Juice Milk choice	21 Waffles Sausage Cereal Fruit Choice Juice Milk Choice	22 Cheese Grits Eggs Biscuits Cereal Fruit Choice Juice Milk Choice
25 Cheese Grits Eggstravanza Biscuits Cereal Fruit Choice Juice Milk Choice	24 Pancakes Hash browns Cereal Fruit Choice Juice Milk Choice	28 Grits Omelet Biscuits Cereal Fruit Choice Juice Milk Choice	29 French Toast Sausage Cereal Yogurt Fruit Choice Juice Milk Choice	30 Honey buns Bacon Cereal Fruit Choice Juice Milk choice