

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| <p>ENTREE (select 1)</p> <p><i>Traditional Menu (cafeteria)</i></p> <p>(1) Crispy steak biscuit (2) Cinnamon roll (3) Cereal variety & toast</p> <p><i>Fast Break Menu (hallway kiosk)</i></p> <p>(1) Benefit bar (variety of flavors) (2) Fruit frudel (variety of flavors)</p> | <p>ENTREE (select 1)</p> <p><i>Traditional Menu (cafeteria)</i></p> <p>(1) Breakfast pizza (2) Cereal variety & toast (3) Fruit & yogurt parfait</p> <p><i>Fast Break Menu (hallway kiosk)</i></p> <p>(1) Benefit bar (variety of flavors) (2) Fruit smoothie (variety of flavors)</p> | <p>ENTREE (select 1)</p> <p><i>Traditional Menu (cafeteria)</i></p> <p>(1) Sausage or chicken biscuit (2) Cereal variety & toast</p> <p><i>Fast Break Menu (hallway kiosk)</i></p> <p>(1) Benefit bar (variety of flavors) (2) Glazed donut ring</p> | <p>ENTREE (select 1)</p> <p><i>Traditional Menu (cafeteria)</i></p> <p>(1) Biscuit & gravy (2) Cereal variety & toast</p> <p><i>Fast Break Menu (hallway kiosk)</i></p> <p>(1) PB&J Jamwich (2) Glazed donut ring</p> | <p>ENTREE (select 1)</p> <p><i>Traditional Menu (cafeteria)</i></p> <p>(1) Dutch waffle (2) French toast (3) Cereal variety & toast</p> <p><i>Fast Break Menu (hallway kiosk)</i></p> <p>(1) Benefit bar (variety of flavors) (2) Dutch waffle</p> |
| <p>FRUIT</p> <p><i>Traditional (cafeteria)</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak (hallway kiosk)</i> select 1 fresh fruit</p> | <p>FRUIT</p> <p><i>Traditional (cafeteria)</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak (hallway kiosk)</i> select 1 fresh fruit</p> | <p>FRUIT</p> <p><i>Traditional (cafeteria)</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak (hallway kiosk)</i> select 1 fresh fruit</p> | <p>FRUIT</p> <p><i>Traditional (cafeteria)</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak (hallway kiosk)</i> select 1 fresh fruit</p> | <p>FRUIT</p> <p><i>Traditional (cafeteria)</i> select 2 fruits or 1 fruit & 1 juice</p> <p><i>FastBreak (hallway kiosk)</i> select 1 fresh fruit</p> |
| <p>MILK VARIETY select 1 (fat free) white, chocolate, or strawberry</p> | <p>MILK VARIETY select 1 (fat free) white, chocolate, or strawberry</p> | <p>MILK VARIETY select 1 (fat free) white, chocolate, or strawberry</p> | <p>MILK VARIETY select 1 (fat free) white, chocolate, or strawberry</p> | <p>MILK VARIETY select 1 (fat free) white, chocolate, or strawberry</p> |



**Giles County Public Schools
High School Breakfast Cycle Menu
2019-20**

TRADITIONAL MENU--served in the cafeteria (7:30-8:15)
FAST BREAK MENU--grab & go options for students to eat in their first period classroom (hallway kiosk 8:15-9:00)

*Menus are subject to change.
Students are encouraged to pre-pay.*

"This institution is an equal opportunity provider."