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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **BREAKFAST** | Pancakes YogurtFruit Syrup Fruit Juice Milk  | Breakfast Corndogs Fruit Syrup Fruit Juice Milk  |   Scrambled Eggs  Breakfast Meat Croissant Jelly Fruit Juice  Milk  |  Sausage Biscuit Fruit  Jelly Fruit Juice Milk   | Bagel w/ Egg & CheeseFruit Fruit Juice Milk  |  Breakfast RollCheese Stick Fruit Fruit Juice Milk  |  CerealYogurt Fruit Fruit Juice Milk  |
| **LUNCH** | Hot Ham & CheeseSandwich **Homemade Tomato Soup****Celery Sticks** Fruit RanchMilk  | Chicken Quesadilla **Seasoned Black Beans Diced Potatoes**Fruit SalsaSour CreamMilk  | BBQ Riblet Sandwich **Curly Fries Garden Salad** FruitKetchup Milk  |  Hamburger  **Lettuce & Tomato** **Baked Beans French Fries** Fruit Ketchup MustardMilk  |  Pizza Slice **Tater Tots Seasoned Broccoli** FruitKetchup  Milk  |  Breaded Chicken  Sandwich  **Lettuce & Tomato**  **Glazed Carrots**  **Seasoned Green**  **Beans** Fruit  Condiments  Milk  |  Hot Dog **French Fries Seasoned Mixed Vegetables**Chip OptionFruit Ketchup  Mustard  Milk  |
| **DINNER** | Chicken & Sausage Jambalaya Buffalo CauliflowerCorn on the CobBiscuitCakePunch |  Chicken & Waffles   Seasoned GreensSpiced ApplesSyrup Hot SauceIce CreamPunch |  Beef TacosSeasoned Pinto BeansMexicali Corn Tortilla Chips Salsa Cookie  Punch | Oven Fried Chicken Mashed Potatoes Brown Gravy Seasoned Greens Cornbread Pudding Punch | Spaghetti & Meatballs Seasoned Green Peas Seasoned California VeggiesGarlic BreadIce CreamPunch | Buffalo Chicken Dip Seasoned Black Beans Seasoned CornFritos  CakePunch | Mandarin ChickenEgg RollVeggie Stir FryWhite RiceSweet & Sour Sauce  CookiePunch |



**WEEK 1 MENU**

**SY 20 - 21**

 Erin Webley MA, LD, RD

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Georgia Grown

Water is available with all meals





**WEEK 2 MENU**

**SY 20 - 21**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **BREAKFAST** |  Waffles  Yogurt Fruit  Syrup  Fruit Juice  Milk  | Cheesy Grits Breakfast Meat Hash brown Ketchup Fruit Juice Milk  | Chicken Biscuit Fruit JellyFruit Juice Milk  | Breakfast BurritoFruit Salsa Fruit Juice Milk  | Breakfast Grain Cheese Stick Fruit Fruit Juice Milk  |  Breakfast CrumbleYogurtFruit Fruit Juice Milk  |  Power Bread Cheese Stick  Fruit  Fruit Juice  Milk  |
| **LUNCH** |  Turkey Bacon Ranch  Sandwich **Seasoned Broccoli****Carrot Sticks** FruitRanch Milk  | Chicken Mashed Potato Bowl w/ **Corn****Seasoned Green Beans**Roll Fruit Milk  | BBQ Sandwich **Coleslaw** **Maple Sweet Potatoes** FruitKetchup Milk  |  Cheeseburger  **Lettuce & Tomato**   **Baked Beans**  **French Fries** Fruit  Ketchup   Mustard  Milk  | Pizza Slice **Tater Tots** **Garden Salad** FruitKetchup RanchMilk  | Chicken Nuggets **Glazed Carrots Seasoned Green Beans**Roll FruitCondiments Milk  |  Hot Dog  **Seasoned Mixed**  **Vegetables**  **French Fries**Chips  Fruit  Ketchup  Mustard  Milk  |
| **DINNER** | Chicken & Dumplings Seasoned Lima Beans Seasoned Corn CornbreadIce CreamPunch | Philly Cheesesteak Sautéed Peppers California VegetablesChips Ketchup  CookiePunch | Chicken WingsMacaroni & CheeseSeasoned GreensCelery Sticks Condiments  Roll Pudding Punch |   Chicken Tenders Chili Cheese Fries  Seasoned Broccoli  Condiments  Cake  Punch | Eastman Alfredo Seasoned Green Peas Seasoned Carrots Garlic BreadIce CreamPunch |  Beef Nachos Seasoned Pinto  Beans  Mexicali Corn Salsa Pudding Punch |  Honey Sriracha Chicken Egg Roll Veggie Stir FryWhite Rice Sweet & Sour Sauce  Cookie Punch |



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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **BREAKFAST** |  Pancakes  Yogurt  Fruit  Syrup  Fruit Juice  Milk  | Breakfast CorndogsFruit Syrup  Fruit Juice Milk  |  Scrambled Eggs  Breakfast Meat Croissant Jelly  Fruit Juice  Milk  | Sausage BiscuitFruit JellyFruit Juice  Milk  | Bagel w/ Egg & CheeseFruit Fruit Juice Milk  |  Breakfast Roll Cheese Stick  Fruit  Fruit Juice  Milk  |  Cereal YogurtFruit Fruit Juice Milk  |
| **LUNCH** |   Grilled Cheese Sandwich Beef & **Vegetable Soup****Carrot Sticks** FruitRanch Milk  | Beef Quesadilla **Seasoned Black Beans Diced Potatoes**Fruit SalsaSour CreamMilk  | BBQ Riblet Sandwich  **Curly Fries** **Garden Salad** FruitKetchup Milk  |  Hamburger  **Lettuce & Tomato** **Baked Beans French Fries** Fruit Ketchup Mustard Milk  | Pizza Slice **Tater Tots Seasoned Broccoli** FruitKetchup Milk  |  Breaded Chicken  Sandwich   **Lettuce & Tomato**  **Glazed Carrots**  **Seasoned Green**  **Beans** Fruit  Condiments  Milk  | Chili Dog **Seasoned Mixed Vegetables French Fries**Fruit Ketchup Milk  |
| **DINNER** | Frito Pie Baked Potato Corn on the Cob Sour Cream Butter CornbreadIce CreamPunch | Chicken Tenders Baked Beans Potato Wedges Condiments  Roll CakePunch | Oven Fried Chicken Mashed Potatoes Brown Gravy Seasoned Greens CornbreadCookiePunch | Chicken Taquito Seasoned Pinto Beans Mexicali CornTortilla ChipsSalsa Pudding Punch | Pasta RotiniSeasoned Green PeasSeasoned CaliforniaVeggies Garlic Bread Ice Cream Punch | Buffalo Chicken Dip Seasoned Broccoli Seasoned CornFritos  Cake Punch | Teriyaki Chicken Egg RollVeggie Stir FryWhite RiceSweet & Sour Sauce CookiePunch |



**WEEK 3 MENU**

**SY 20 - 21**



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**WEEK 4 MENU**

**SY 20 - 21**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **BREAKFAST** | French Toast SticksYogurtFruit Syrup  Fruit Juice Milk  | Cheesy Grits Breakfast Meat Hash brownKetchup Fruit Juice Milk  | Chicken Biscuit Fruit JellyFruit Juice Milk  | Breakfast BurritoFruit SalsaFruit Juice Milk  | Breakfast GrainCheese StickFruit Fruit Juice Milk  | Breakfast CrumbleYogurtFruit Fruit Juice Milk  |  Power Bread Cheese Stick Fruit  Fruit Juice  Milk  |
| **LUNCH** | Roast Beef & CheddarSandwich **Curly Fries Seasoned Carrots** Ketchup  FruitMilk  | Chicken Mashed Potato Bowl w/ **Corn****Seasoned Green Beans**Roll Fruit Milk  | BBQ Sandwich **Coleslaw** **Maple Baked Sweet Potatoes** FruitMilk  | Cheeseburger **Lettuce & Tomato****Baked Beans French Fries** Fruit  Ketchup  Mustard  Milk  | Pizza Slice **Tater Tots** **Garden Salad**Fruit Ketchup Milk  |  Chicken Nuggets  **Buffalo Cauliflower**  **Carrot Sticks** Roll Fruit Condiments RanchMilk  | Mini Corndogs **Seasoned Mixed Vegetables****French Fries** Fruit Ketchup  Mustard   Milk  |
| **DINNER** |  BBQ Chicken  Baked Potato   Seasoned Corn  Cornbread  ButterSour Cream Ice Cream Punch |  Popcorn Chicken  Baked Beans Potato Wedges   Condiments  Roll  Cake Punch |  Shepherd’s Pie  Seasoned Greens  Roll  CookiePunch |  Chicken Tenders  Chili Cheese Fries  Seasoned Broccoli  Ice Cream Punch | Chicken & Rice Seasoned Green Peas Seasoned California VeggiesCakePunch |  Chicken NachosSeasoned Pinto BeansMexicali CornSalsaPuddingPunch |  Honey Sriracha Chicken Egg Roll Veggie Stir Fry White Rice Sweet & Sour Sauce   Cookie Punch |



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**SNACK MENU CYCLE SY 20 - 21**

**Afterschool Care Program (ACP)**

|  |  |  |  |  |  |  |  |
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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |
| **Week 1****ACP SNACKS** | Chips Fruit Juice  | Grain DessertFruit Juice  | CrackersFruit Juice  | ChexFruit Juice  | Chips Fruit Juice  | CrackersFruit Juice  | Grain DessertFruit Juice  |
| **Week 2****ACP SNACKS** | ChexFruit Juice  | CrackersFruit Juice  | Chips Fruit Juice  | Grain DessertFruit Juice  | Chips Fruit Juice  | Grain DessertFruit Juice  | CrackersFruit Juice  |
| **Week 3****ACP SNACKS** | Chips Fruit Juice  | Grain DessertFruit Juice  | CrackersFruit Juice  | ChexFruit Juice  | Chips Fruit Juice  | CrackersFruit Juice  | Grain DessertFruit Juice  |
| **Week 4****ACP SNACKS** | ChexFruit Juice  | CrackersFruit Juice  | Chips Fruit Juice  | Grain DessertFruit Juice  | Chips Fruit Juice  | Grain DessertFruit Juice  | CrackersFruit Juice  |



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**PM SNACK:**

**Juice (optional) AND one of the following:**

Peanut Butter & Jelly

Crackers

Chips 

Popcorn 

Chex

Grandma Cookie

**AM SNACK:**

**Juice (optional) AND one of the following:**

Crackers

Cereal Bar

Poptart

Yogurt

Super Donut

Donut Stick

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