

SEPTEMBER 2024

Atlanta Unbound Academy

All Meals serve with 1% white or FAT Free Chocolate Milk and appropriate condiments. Vegetarian Option Available

Monday



Tuesday

Wednesday

Thursday

Friday

9
Pancake- 2oz GR
Eggs- 1 oz M/MA
Fruit- 1 Cup
Milk – 8oz
(Dairy, Soy, Wheat)

10
Bagels – 2 oz GR
Fruit – ½ cup
100% Fruit Juice – ½ Cup
Milk – 8oz
(Dairy, Soy, Wheat)

11
French Toast – 1 oz GR
Gogurt – 1oz M/MA
Fruit – 1 Cup
Milk – 8oz
(Dairy, Soy, Wheat)

12
Croissant – 2oz GR
Hashbrown -1oz
Eggs-1 oz M/MA
Fruit -1cup
Milk- 8oz
(Dairy, Soy, Wheat)

13
Assorted Cereal – 2oz GR
Gogurt- 1oz M/MA
Fruit – 1 cup
Milk 8oz
(Dairy, Soy, Wheat)

16
Grits -2oz GR
Eggs – 1oz M/MA
Fruit – 1 Cup
Milk- 8oz
(Dairy, Soy, Wheat)

17
Chicken- 1 oz M/MA
WG Waffle- 2 oz GR
Fruit -1 Cup
Milk-8oz
(Dairy, Soy, Wheat)

18
Blueberry Muffin-2oz GR
Gogurt -1 oz M/MA
Fruit -1/2 Cup
100% Fruit Juice - ½ cup
Milk- 8oz
(Dairy, Soy, Wheat)

19
Turkey Sausage -2 oz M/MA
Biscuit -2 oz GR
Fruit – 1 Cup
Milk -8oz
(Dairy, Soy, Wheat)

20
Assorted Cereal – 2oz GR
Gogurt- 1oz-M/MA
Fruit- 1 cup
Milk-8oz
(Dairy, Soy, Wheat)

23
Pancake- 2oz GR
Eggs- 1 oz M/MA
Fruit- 1 Cup
Milk – 8oz
(Dairy, Soy, Wheat)

24
Chicken- 1 oz M/MA
WG Waffle- 2 oz GR
Fruit -1 Cup
Milk-8oz
(Dairy, Soy, Wheat)

25
French Toast – 1 oz GR
Gogurt – 1oz M/MA
Fruit – 1 Cup
Milk – 8oz
(Dairy, Soy, Wheat)

26
Croissant – 2oz GR
Hashbrown -1oz
Eggs-1 oz M/MA
Fruit -1cup
Milk- 8oz
(Dairy, Soy, Wheat)

27
Assorted Cereal – 2oz GR
Gogurt- 1oz-M/MA
Fruit- 1 cup
Milk-8oz
(Dairy, Soy, Wheat)

30
Grits -2oz GR
Eggs – 1oz M/MA
Fruit – 1 Cup
Milk- 8oz
(Dairy, Soy, Wheat)

