



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>Poptart Oatmeal Peaches Orange/Pineapple Juice TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">4</p> <p>CHEESE TOAST Sausage Link Grits Juice Applesauce Cups TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">5</p> <p>Muffin Sausage Link Juice Bananas TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">6</p> <p>Cinnamon Roll Sausage Link Juice Sliced Pears TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">7</p> <p>Poptart String Cheese Juice Raisins TRU MOO CHOC MILK TRU MOO 1%</p>
<p style="text-align: right;">10</p> <p>Blueberry Poptart Oatmeal Applesauce Grape Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">11</p> <p>Muffin String Cheese Juice Raisins TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">12</p> <p>Biscuit Chicken Patty Bananas Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">13</p> <p>Pancakes Sausage Link Peaches Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">14</p> <p>Frosted Cinnamon Roll String Cheese Oranges Juice TRU MOO 1% TRU MOO CHOC MILK</p>
<p style="text-align: right;">17</p> <p>Poptart Oatmeal Peaches Orange/Pineapple Juice TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">18</p> <p>CHEESE TOAST Scrambled Eggs Sausage Link Grits Juice Applesauce Cups TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">19</p> <p>Muffin Sausage Link Juice Bananas TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">20</p> <p>Cinnamon Roll Sausage Link Juice Sliced Pears TRU MOO CHOC MILK TRU MOO 1%</p>	<p style="text-align: right;">21</p> <p>Poptart String Cheese Juice Raisins TRU MOO CHOC MILK TRU MOO 1%</p>
<p style="text-align: right;">24</p> <p>Blueberry Poptart Oatmeal Raisins Orange/Pineapple Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">25</p> <p>Breakfast on a Stick Oranges Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">26</p> <p>Biscuit Sausage Crumbles Gravy Juice Applesauce Cups Juice TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">27</p> <p>Blueberry Muffin Juice Pears TRU MOO 1% TRU MOO CHOC MILK</p>	<p style="text-align: right;">28</p>

Lunch provides meat/meat alternate, whole grain rich items, vegetables, fruit, and milk. Breakfast provides whole grain rich items, meat/meat alternate, fruit/vegetables, and milk. A variety of milk is offered for both meals. For lunch, students must choose at least three of the components offered, with one of those three including at least 1/2 cup of fruit or vegetables. Students may select all five items if they desire. For breakfast, students must select at least three items with one being at least 1/2 cup of fruit or vegetable, or they may select all items.

Sylacauga City Schools is a Provision 2 school and all students eat at no charge.