

# BREAKFAST

# SURRY COUNTY HIGH SCHOOL MARCH 2023

*St Patrick's*  
**HAPPY**  
*Day*

Su n.	Monday	Tuesday	Wednesday	Thursday	Friday	S a t.
			1 Breakfast Donut <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	2 Crumble Cinnamon Roll <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	3 Muffin-Blueberry <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	4
5	6 Breakfast Cinnamon Bun <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	7 Crumble Cinnamon Roll <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	8 Waffle Mini <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	9 <b>SCHOOL CLOSED</b>	10 Apple Bites <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	1 1
12	13 French Toast Mini <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	14 Breakfast Cinnamon Bun <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	15 Breakfast Donut <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	16 Crumble Cinnamon Roll <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	17 Waffle Mini <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	1 8
19	20 Breakfast Donut <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	21 Crumble Cinnamon Roll <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	22 Waffle Mini <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	23 French Toast Mini <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	24 Apple Bites <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	2 5
26	27 Waffle Mini <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	28 Breakfast Cinnamon Bun <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	29 French Toast Mini <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	30 Apple Bites <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	31 Breakfast Donut <u>Offered Daily</u> Breakfast Honey Bun Pop Tarts Cereal & Gripz <u>May take 2:</u> Juice, Canned Fruit or Carrot Sticks  Milk	

Milk Choices: 1% White Fat Free, Fat Free Chocolate, Fat Free Strawberry

\*Fresh Fruits & Vegetables will be offered daily – **MUST TAKE A FRUIT OR VEGETABLE** \*In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the **USDA Program Discrimination Complaint Form**, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7441; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider. Phone: 757-294-5229 / Fax: 757-294-5263