

BREAKFAST

SURRY COUNTY HIGH SCHOOL DECEMBER 2022



Su n.	Monday	Tuesday	Wednesday	Thursday	Friday	S a t.
				1 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	2 SCHOOL CLOSED	3
4	5 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	6 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	7 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	8 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	9 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	10
11	12 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	13 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	14 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	15 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	16 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	17
18	19 SCHOOL CLOSED WINTER BREAK BEGINS	20 Happy Holidays!	21 HAPPY HOLIDAYS	22 HAPPY Holidays	23 HAPPY HOLIDAYS	24
25	26 Happy Holidays!	27 Happy Holidays!	28 Happy Holidays!	29 Happy Holidays!	30 Happy Holidays!	31

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, 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) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider. Phone: 57 294-5229 Fax: 757-294-5263