



Sequatchie County High School Breakfast Menu 2023-2024

		Monday			Tuesday			Wednesday			Thursday			Friday
Meat/ Meat Alternate	1 ea. 1 ea. OR 1 ea. 1 ea. 1 ea. 1 ea. 1 ea. 1 ea.	Chicken Biscuit Assorted Cereal Yogurt Toast Biscuit Cheese Stick Cereal Bar	1 ea. OR 1 ea. 1 ea. 1 ea. 1 ea. 1 ea.	Pancake on a stick	1 ea. OR 1 ea. 1 ea. 1 ea. 1 ea. 1 ea. 1 ea.	Breakfast Pizza	1 ea. OR 1 ea. 1 ea. 1 ea. 1 ea. 1 ea. 1 ea.	Cinnamon roll Assorted Cereal Toast Yogurt Cheese Stick Parfait Cereal Bar	1 ea. OR 1 ea. 1 ea. 1 ea. 1 ea. 1 ea.	Breakfast Burrito	1 ea. OR 1 ea. 1 ea. 1 ea. 1 ea. 1 ea.	Assorted Cereal Toast Yogurt Cereal Bar Cheese Stick		
Fruit Can Pick 2	½ c. 1 ea.	Fruit Variety 4 oz. 100% Fruit Juice	½ c. 1 ea.	Fruit Variety	½ c. 1 ea.	Fruit Variety	½ c. 1 ea.	Fruit Variety 4 oz. 100% Fruit Juice	½ c. 1 ea.	Fruit Variety	½ c. 1 ea.	Fruit Variety 4 oz. 100% Fruit Juice		
Condiment/ Extra	1 ea.	Jelly	1 ea.	Jelly	1 ea.	Jelly	1 ea.	Jelly	1 ea.	Jelly	1 ea. 1 oz.	Jelly Salsa		
Choose 1	8 oz.	1% Low Fat Unflavored Milk Fat Free Unflavored Milk 1% Chocolate Milk Fat free Chocolate Milk Fat Free Strawberry Milk	8oz.	1% Low Fat Unflavored Milk Fat Free unflavored Milk 1% Chocolate Milk Fat free Chocolate Milk Fat Free Strawberry Milk	8oz.	1% Low Fat Unflavored Milk Fat Free Unflavored Milk 1% Chocolate Milk Fat free Chocolate Milk Fat Free Strawberry Milk	8oz.	1% Low Fat Unflavored Milk Fat Free Unflavored Milk 1% Chocolate Milk Fat free Chocolate Milk Fat Free Strawberry Milk	8oz.	1% Low Fat Unflavored Milk Fat Free Unflavored Milk 1% Chocolate Milk Fat free Chocolate Milk Fat Free Strawberry Milk	8oz.	1% Low Fat Unflavored Milk Fat Free Unflavored Milk 1% Chocolate Milk Fat free Chocolate Milk Fat Free Strawberry Milk		

Week 1

Menus are Subject to Change



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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <http://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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.



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