



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.	Sausage Biscuit Assorted Cereal Toast Yogurt Cheese Stick Cereal Bar	1 ea. OR 1 ea. 1 ea. 1 ea. 1 ea. 1 ea. .	Pancake on a stick Assorted Cereal Toast Yogurt Cheese Stick Cereal Bar	1 ea. OR 1 ea. 1 ea. 1 ea. 1 ea. 1 ea. 1 ea.	Breakfast pizza Assorted Cereal Toast Parfait Cheese Stick Yogurt Cereal Bar	1 ea. OR 1 ea. 1 ea. 1 ea. 1 ea. 1 ea. 1 ea.	Cinnamon roll Assorted Cereal Toast Parfait Yogurt Cheese Stick Cereal Bar	2oz. 1 ea. OR 1 ea. 1 ea. 1 ea. 1 ea. 1 ea.	Scrambled Eggs Toast Assorted Cereal Toast Yogurt Cheese Stick Cereal Bar
Fruit Can Pick 2	½ c. 1 ea.	Fruit Variety 100% Fruit Juice	½ c. 1 ea.	Fruit Variety 100% Fruit Juice	½ c. 1 ea.	Fruit Variety 100% Fruit Juice	½ c. 1 ea.	Fruit Variety 100% Fruit Juice	½ c. 1 ea.	Fruit Variety 100% Fruit Juice
Condiment/ Extra	1 ea.	Jelly	1 ea. 1 ea.	Jelly syrup	1 ea.	Jelly	1 ea.	Jelly	1 ea.	Jelly
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

Week 2

Revised 6/23 Kelly Levi

Menus are Subject to Change

This institution is an equal opportunity provider.



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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the responsible state or local agency that administers the program or the USDA's TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800)877-8339.

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](tel:(202)690-7442); or
3. email: program.intake@usda.gov.

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