# August 2019
## Early Head Start, Head Start & CD BIC/Breakfast Menu

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<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>Friday</th>
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<td>21 First Day of School</td>
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- **First Day of School**
  - Plain Cheerios
  - Strawberry Banana Yogurt
  - Age Appropriate Fruit (EHS)
  - Assorted Fresh Fruit (HS/CD)

- **Friday**
  - Mini Banana Muffin
  - Vanilla Yogurt
  - Age Appropriate Fruit (EHS)
  - Assorted Fresh Fruit (HS/CD)

- **Monday**
  - Cinnamon Chex (GF)
  - Cheesestick
  - Age Appropriate Fruit (EHS)
  - Assorted Fresh Fruit (HS/CD)

- **Tuesday**
  - French Toast Sticks
  - Age Appropriate Fruit (EHS)
  - Assorted Fresh Fruit (HS/CD)

- **Wednesday**
  - Mini Blueberry Muffin
  - Strawberry Banana Yogurt
  - Age Appropriate Fruit (EHS)
  - Assorted Fresh Fruit (HS/CD)

- **Thursday**
  - Cinnamon Pancakes
  - Age Appropriate Fruit (EHS)
  - Assorted Fresh Fruit (HS/CD)

- **Friday**
  - Homemade Chicken Biscuit
  - Age Appropriate Fruit (EHS)
  - Assorted Fresh Fruit (HS/CD)

**Notes:**
- Formula/breast milk, baby food, baby cereal, & transitional foods provided upon request.
- Milk served daily with lunch.
- 1-2 year old Whole White Milk
- 2-5 years White Skim Milk
- Grits and Egg Bowl served at participating locations each Wednesday. (Not available in BIC schools)

**Nutrition Services Charleston County School District**

**Contact:**
- 843-566-8180
- www.ccsdschools.com

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