



# St. Johns County School District Food and Nutrition Services

Fueling Students for Success

## Headstart Breakfast Menu

August 2026

|                    | MONDAY                    | TUESDAY                          | WEDNESDAY                           | THURSDAY                         | FRIDAY                    |
|--------------------|---------------------------|----------------------------------|-------------------------------------|----------------------------------|---------------------------|
|                    | August 10                 | August 11                        | August 12                           | August 13                        | August 14                 |
| Entrée             | Assorted Cereal and Toast | Eggstravaganza and Toast         | French Toast Sticks                 | Egg & Cheese Biscuit             | Assorted Cereal and Toast |
| Vegetables & Fruit | Assorted Fruit            | Apple or Orange 100% Fruit Juice | Assorted Fruit<br>Crispy Tater Tots | Apple or Orange 100% Fruit Juice | Assorted Fruit            |
|                    | August 17                 | August 18                        | August 19                           | August 20                        | August 21                 |
| Entrée             | Assorted Cereal and Toast | Eggstravaganza and Toast         | French Toast Sticks                 | Egg & Cheese Biscuit             | Assorted Cereal and Toast |
| Vegetables & Fruit | Assorted Fruit            | Apple or Orange 100% Fruit Juice | Assorted Fruit<br>Crispy Tater Tots | Apple or Orange 100% Fruit Juice | Assorted Fruit            |
|                    | August 24                 | August 25                        | August 26                           | August 27                        | August 28                 |
| Entrée             | Assorted Cereal and Toast | Eggstravaganza and Toast         | French Toast Sticks                 | Egg & Cheese Biscuit             | Assorted Cereal and Toast |
| Vegetables & Fruit | Assorted Fruit            | Apple or Orange 100% Fruit Juice | Assorted Fruit<br>Crispy Tater Tots | Apple or Orange 100% Fruit Juice | Assorted Fruit            |
|                    | August 31                 |                                  |                                     |                                  |                           |
| Entrée             | Assorted Cereal and Toast | Eggstravaganza and Toast         | French Toast Sticks                 | Egg & Cheese Biscuit             | Assorted Cereal and Toast |
| Vegetables & Fruit | Assorted Fruit            | Apple or Orange 100% Fruit Juice | Assorted Fruit<br>Crispy Tater Tots | Apple or Orange 100% Fruit Juice | Assorted Fruit            |

*Choice of low fat plain or fat-free plain or flavored milk with every meal. Choice of 100% juice may include Apple, Grape, Orange, and Tropical Punch.*

*Assorted reduced sugar cereals include Cinnamon Toast Crunch, Lucky Charms, Cocoa Puffs, Frosted Mini Wheats, Apple Jacks, and Fruit Loops.*

***This institution is an equal opportunity provider.***