

- 2023 -

AUGUST

SOUTHGATE ACADEMY

GATOR CAFÉ BREAKFAST MENU

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

Gator Café Offerings

This institution is
an equal
opportunity
provider.

Variety of milk and
fruit offered at
breakfast and lunch!

1

FRENCH TOAST
CEREAL

2

SCRAMBLED EGGS
WHOLE WHEAT
TOAST

3

WHOLE WHEAT
PANCAKES
CHEESESTICK

4

CEREAL
WHOLE WHEAT
TOAST
CHEESESTICK

7

CEREAL
WHOLE WHEAT
TOAST
CHEESESTICK

8

FRENCH TOAST
CEREAL

9

EGG BURRITO
CEREAL

10

WHOLE WHEAT
PANCAKES
CHEESESTICK

11

CEREAL
WHOLE WHEAT
TOAST
CHEESESTICK

14

CEREAL
WHOLE WHEAT
TOAST
CHEESESTICK

15

FRENCH TOAST
CEREAL

16

SCRAMBLED EGGS
WHOLE WHEAT
TOAST

17

WHOLE WHEAT
PANCAKES
CHEESESTICK

18

CEREAL
WHOLE WHEAT
TOAST
CHEESESTICK

21

CEREAL
WHOLE WHEAT
TOAST
CHEESESTICK

22

FRENCH TOAST
CEREAL

23

EGG BURRITO
CEREAL

24

WHOLE WHEAT
PANCAKES
CHEESESTICK

25

CEREAL
WHOLE WHEAT
TOAST
CHEESESTICK

28

CEREAL
WHOLE WHEAT
TOAST
CHEESESTICK

29

FRENCH TOAST
CEREAL

30

SCRAMBLED EGGS
WHOLE WHEAT
TOAST

31

WHOLE WHEAT
PANCAKES
CHEESESTICK

SOUTHGATE ACADEMY GATOR CAFÉ LUNCH MENU

- 2023 -

AUGUST

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

Gator Café Offerings-

This institution is an equal opportunity provider.

Variety of milk and fruit offered at breakfast, lunch, & snack.

1
TURKEY TACOS
RICE
REFRIED BEANS
PEACH CUP

2
HAMBURGERS
TATER TOTS
PASTA SALAD
BERRY CUP

3
PBJ
CHIPS
OATMEAL COOKIE
GREEN APPLE SLICES

4
PIZZA
CELERY/CARROT
STICKS
RED GRAPES

7
CC'S GOULASH
GREEN BEANS
WHEAT ROLL
FRUIT VARIETY

8
CHICKEN FAJITAS
RICE
REFRIED BEANS
GATOR SALAD
FRUIT VARIETY

9
CHEESE QUESADILLA
CARROTS
MIXED VEGES
FRUIT VARIETY

10
STEAK AND RICE
BURRITO
GATOR SALAD
FRUIT VARIETY

11
TURKEY WRAP
PRETZELS
RED APPLE

14
GRILLED HAM AND
CHEESE S/W
MIXED VEGGIES
FRUIT VARIETY

15
CHEESE ENCHILADAS
PINTO BEANS
RICE
FRUIT VARIETY

16
HAMBURGERS
TATER TOTS
MIXED VEGGIES
FRUIT VARIETY

17
LASAGNA
WHOLE WHEAT ROLL

18
PBJ
MULTI-GRAIN CHIPS
GREEN GRAPES

21
SALISBURY STEAK
MASHED POTATOES
WATERMELON

22
BEAN TOSTADAS
RICE
GATOR SALAD
FRUIT VARIETY

23
SHEPARD'S PIE
BROCCOLI SALAD
FRUIT VARIETY

24
CHICKEN BURRITO
BRUSSEL SPROUTS
FRUIT VARIETY

25
TURKEY WRAP
SUN CHIPS
FRUIT CUP

28
PICADILLO
GATOR SALAD
MACARONI SALAD

29
CARNITAS TACOS
RICE
REFRIED BEANS

30
CHICKEN SANDWICH
TATER TOTS
FRUIT VARIETY

31
HAM & CHEESE
MULTI-GRAIN CHIPS
OATMEAL COOKIE
FRUIT CUP