

SOUTHGATE ACADEMY GATOR CAFÉ BREAKFAST MENU

- 2023 -

SEPTEMBER

FRIDAY

1

YOGURT
CHEESESTICK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

4



5

WHOLE GRAIN
FRENCH TOAST
YOGURT

6

SCRAMBLED EGGS
WHOLE WHEAT
TOAST

7

WHOLE WHEAT
PANCAKES
CEREAL

8

CEREAL
CHEESESTICK

11

CEREAL
CHEESESTICK

12

WHOLE GRAIN
FRENCH TOAST
YOGURT

13

EGG BURRITO
CEREAL

14

CEREAL
CHEESESTICK

15

YOGURT
CHEESESTICK

18

CEREAL
CHEESESTICK

19

WHOLE GRAIN
FRENCH TOAST
YOGURT

20

SCRAMBLED EGGS
WHOLE WHEAT
TOAST

21

WHOLE WHEAT
PANCAKES
CEREAL

22

CEREAL
CHEESESTICK

25

CEREAL
CHEESESTICK

26

WHOLE GRAIN
FRENCH TOAST
YOGURT

27

EGG BURRITO
CEREAL

28

CEREAL
CHEESESTICK

29

YOGURT
CHEESESTICK

Gator Café Offerings

Variety of milk and
fruit offered for
breakfast and lunch!

This institution is an equal
opportunity provider.

Menu is subject to change.

SOUTHGATE ACADEMY GATOR CAFÉ LUNCH MENU

- 2023 -

SEPTEMBER

FRIDAY

1

PIZZA
CARROT STICKS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

4



5

TURKEY TACOS
RICE
REFRIED BEANS

6

HAMBURGERS
MIXED VEGES
MAC & CHEESE

7

TURKEY S/W
CARROTS

8

FISH STICKS
FRENCH FRIES

11

CC'S GOULASH
GREEN BEANS
WHEAT ROLL

12

CHICKEN TOSTADAS
RICE
PINTO BEANS

13

CHEESE QUESADILLA
CARROTS

14

STEAK & RICE
BURRITO
PASTA SALAD

15

MAC & CHEESE
MULTI GRAIN CHIPS

18

GRILLED HAM &
CHEESE
BELL PEPPER SLICES

19

BEAN TOSTADAS
RICE
MIXED VEGES

20

CHICKEN SANDWICH
PRETZELS
MIXED VEGES

21

SPAGHETTI
GREEN BEANS
WHEAT ROLL

22

FISH STICKS
SNAP PEAS

25

SALISBURY STEAK
MIXED VEGES

26

BEEF TACOS
RICE
CORN

27

SHEPARD'S PIE
BROCCOLI SALAD

28

CHICKEN BURRITO
MIXED VEGES

29

MAC & CHEESE
PRETZELS

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breakfast and lunch!

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