

SOUTHGATE ACADEMY GATOR CAFÉ BREAKFAST MENU

-2023-

OCTOBER

MONDAY

OCTOBER L
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

2

CEREAL
CHEESESTICK

3

FRENCH TOAST
CEREAL
YOGURT

4

SCRAMBLED EGGS
CEREAL
WHOLE WHEAT
TOAST

5

WHOLE WHEAT
PANCAKES
CEREAL

6

CEREAL
CHEESESTICK

9

CEREAL
CHEESESTICK

10

FRENCH TOAST
CEREAL
YOGURT

11

EGG BURRITO
CEREAL

12

CEREAL
CHEESESTICK

13

YOGURT
CHEESESTICK

16

CEREAL
CHEESESTICK

17

FRENCH TOAST
CEREAL
YOGURT

18

SCRAMBLED EGGS
CEREAL
WHOLE WHEAT
TOAST

19

WHOLE WHEAT
PANCAKES
CEREAL

20

CEREAL
CHEESESTICK

23

CEREAL
CHEESESTICK

24

FRENCH TOAST
CEREAL
YOGURT

25

EGG BURRITO
CEREAL

26

CEREAL
CHEESESTICK

27

YOGURT
CHEESESTICK

30

CEREAL
CHEESESTICK

31

FRENCH TOAST
CEREAL
YOGURT

SOUTHGATE ACADEMY GATOR CAFE LUNCH MENU

-2023-

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

2

CHICKEN S/W
BABY CARROTS

3

PBJ
CELERY STICKS

4

CHEESEBURGER
BROCCOLI

5

PBJ
BELL PEPPER SLICES

6

HOT DOGS
CUCUMBER CUP

9

CC'S GOULASH
GREEN BEANS
WHEAT ROLL

10

CHICKEN FAJITAS
RICE
PINTO BEANS

11

POT ROAST
MIXED VEGES

12

STEAK & RICE
BURRITO
PASTA SALAD

13

PIZZA
CELERY STICKS

16

PICADILLO
GATOR SALAD
MACARONI SALAD

17

BEAN TOSTADAS
RICE
MIXED VEGES

18

CHICKEN SANDWICH
PRETZELS
SNAP PEAS

19

SPAGHETTI
GREEN BEANS
WHEAT ROLL
SNAP PEAS

20

PBJ
BELL PEPPER SLICES

23

GRILLED HAM &
CHEESE
BELL PEPPER SLICES

24

TURKEY TACOS
RICE
REFRIED BEANS

25

SHEPARD'S PIE
BROCCOLI SALAD

26

CHICKEN BURRITO
MIXED VEGES

27

TURKEY WRAP
CARROTS STICKS

30

SALISBURY STEAK
MIXED VEGES

31

HAMBURGERS
TATER TOTS
PASTA SALAD