



# OCTOBER 2023 BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>School News</b>
<b>2</b> <i>No School</i>	<b>3</b> Cereal Muffin Fruit & Juice Milk	<b>4</b> Cereal Donut Fruit & Juice Milk	<b>5</b> Cereal Cheese Stick or Breakfast Pizza Fruit & Juice Milk	<b>6</b> Cereal Granola Bar Fruit & Juice Milk	<p style="text-align: center;"><b>Fuel Up Your Day!</b> <b>Eat School</b> <b>Breakfast</b></p> <p style="text-align: center;"><i>Available to all students K-12</i></p> <p>Breakfast price, K-12, \$1.40 Reduced breakfast price, <del>\$1.30</del> <u>Reduced priced breakfast will be at no cost this year.</u></p> <p>A' la Carte breakfast items are available to purchase.</p> <p>Breakfast is served in both commons from 7:40 am until the start of the school day. Breakfast is served on a 2-hour delay. No breakfast is served on a 3-hour delay.</p> <p><i>NEW Online Payment System:</i> <a href="https://linqconnect.com">https://linqconnect.com</a> is a convenient way to manage your student's meal account online and/or fill out a meal application.</p>
<b>9</b> Cereal WG Muffin Fruit & Juice Milk	<b>10</b> Cereal Poptart or Pancake Wrap Fruit & Juice Milk	<b>11</b> Cereal Cocoa Cherry Bar Fruit & Juice Milk	<b>12</b> Cereal Biscuit/Jelly or Egg Cheese Omelet Fruit & Juice Milk	<b>13</b> Cereal Grahams Fruit & Juice Milk	
<b>16</b> Cereal WG Muffin Fruit & Juice Milk	<b>17</b> Cereal Yogurt or Pancake Saus. Sandwich Fruit & Juice Milk	<b>18</b> Cereal Donut Fruit & Juice Milk	<b>19</b> Cereal Cheese Stick or Breakfast Pizza Fruit & Juice Milk	<b>20</b> Cereal Granola Bar Fruit & Juice Milk	
<b>23</b> Cereal WG Muffin Fruit & Juice Milk	<b>24</b> Cereal Poptart or Pancake Wrap Fruit & Juice Milk	<b>25</b> Cereal Cocoa Cherry Bar Fruit & Juice Milk	<b>26</b> Cereal Biscuit/Jelly or Egg Cheese Omelet Fruit & Juice Milk	<b>27</b> Cereal Grahams Fruit & Juice Milk	
<b>30</b> Cereal WG Muffin Fruit & Juice Milk	<b>31</b> Cereal Yogurt or Pancake Saus. Sandwich Fruit & Juice Milk				