



SEPTEMBER 2023 BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	School News
				1 Cereal Grahams Fruit & Juice Milk	<p>Energize Your Day! Eat School Breakfast</p> <p><i>Available to all students K-12</i></p> <p>Breakfast price, K-12, \$1.40 Reduced breakfast price, \$3.00</p> <p><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> www.linqconnect.com is a convenient way to manage your student's meal account online and/or fill out a meal application.</p>
<i>Labor Day No School</i>	5 Cereal Donut Fruit & Juice Milk <i>2 hour delay</i>	6 Cereal Yogurt Fruit & Juice Milk	7 Cereal Cheese Stick or Breakfast Pizza Fruit & Juice Milk	8 Cereal Granola Bar Fruit & Juice Milk	
11 Cereal WG Muffin Fruit & Juice Milk	12 Cereal Poptart or Pancake Wrap Fruit & Juice Milk	13 Cereal Cocoa Cherry Bar Fruit & Juice Milk	14 Cereal French Toast or Egg Cheese Omelet Fruit & Juice Milk	15 Cereal Grahams Fruit & Juice Milk	
18 Cereal WG Muffin Fruit & Juice Milk	19 Cereal Donut Fruit & Juice Milk	20 Cereal Yogurt Fruit & Juice Milk	21 Cereal Cheese Stick or Pancake Sausage Sandwich Fruit & Juice Milk	22 Cereal Granola Bar Fruit & Juice Milk	
25 Cereal WG Muffin Fruit & Juice Milk	26 Cereal Poptart or Pancake Wrap Fruit & Juice Milk	27 Cereal Cocoa Cherry Bar Fruit & Juice Milk	28 Cereal French Toast Stick Egg Cheese Omelet Fruit & Juice Milk	29 Cereal Grahams Fruit & Juice Milk	