



# OCTOBER 2024 BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b><u>Cafeteria News</u></b></p> <p>Get fueled up with a school Breakfast!! <i>Available to all students K-12</i></p> <p>Breakfast cost, K-12, \$1.40 Reduced breakfast cost, <del>\$.30</del> <i>Reduced breakfast is at no cost.</i></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. Breakfast is not served on a 3-hour delay.</p> <p><i>LINQ Connect is designed to make life easier. Use the app or go to <a href="https://lingconnect.com">https://lingconnect.com</a></i> It's an easy way to track meal account balances, make meal payments, or complete a meal application. Get registered today!!</p>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
	Cereal Granola Bar or Biscuit/Sausage Gravy Fruit & Juice Milk	Cereal Cocoa Cherry Bar or Cinnamon Pretzel Fruit & Juice Milk	Cereal Yogurt or Breakfast Pizza Fruit & Juice Milk	Cereal Donut Fruit & Juice Milk	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	
<b>No School</b>	Cereal Biscuit/Jelly or Egg Cheese Omelet Fruit & Juice Milk	Cereal Yogurt Fruit & Juice Milk	Cereal Graham Cracker or Pancake Sausage Sand. Fruit & Juice Milk	Cereal Strawberry Oatmeal Bar Fruit & Juice Milk	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	
Cereal WG Muffin Fruit & Juice Milk	Cereal Cheese Stick or French Toast Stick Fruit & Juice Milk	Cereal Poptart Fruit & Juice Milk	Cereal Graham Cracker or Pancake Wrap Fruit & Juice Milk	Cereal Yogurt Fruit & Juice Milk	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	
Cereal WG Muffin Fruit & Juice Milk	Cereal Granola Bar or Biscuit/Sausage Gravy Fruit & Juice Milk	Cereal Cocoa Cherry Bar or Cinnamon Pretzel Fruit & Juice Milk	Cereal Yogurt or Breakfast Pizza Fruit & Juice Milk	Cereal Donut Fruit & Juice Milk	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
Cereal WG Muffin Fruit & Juice Milk	Cereal Biscuit/Jelly or Egg Cheese Omelet Fruit & Juice Milk	Cereal Yogurt Fruit & Juice Milk	Cereal Graham Cracker or Pancake Sausage Sand. Fruit & Juice Milk		