



September 2023 High School Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk, fruit and juice included with full breakfast meal</p> <p>Breakfast: \$1.75</p>	 4	<p>SUPERINTENDENT'S CONFERENCE DAY</p> 5	<p>SUPERINTENDENT'S CONFERENCE DAY</p> 6	Assorted Cold Options 7	Assorted Cold Options 8
	<p>Free & reduced meal applications must be completed every year!</p> <p>Families may apply for free/reduced price meals online at linqconnect.com. Alternatively, download an application form from the district website and return to school.</p>				
<p><u>Daily Choices</u></p> <p>Cereal Muffin Bagel Yogurt Breakfast Bar</p>	French Toast Sticks 11	Assorted Breakfast Sandwiches 12	Cinnamon Rolls 13	Breakfast Bake 14	Homemade Smoothie & Graham Crackers 15
<p>Students must take a fruit and/or juice with breakfast or be charged a la carte prices for each item</p>	Oatmeal 18	Assorted Breakfast Sandwiches 19	Streusel Coffee Cake w/ Hot Apple Slices 20	Waffle Bar 21	Fried Eggs with Buttered Toast 22
	Glazed Donut 25	Assorted Breakfast Sandwiches 26	Pancakes 27	Cinnamon Rolls 28	Homemade Smoothie & Graham Crackers 29