



October 2023 High School Breakfast Menu

Milk, fruit and juice included with full breakfast meal Breakfast: \$1.75	French Toast Sticks 2	Assorted Breakfast Sandwiches 3	Pancakes 4	Homemade Smoothie & Graham Crackers 5	Chef's Choice 6
Milk, fruit and juice included with full breakfast meal Coffee available for \$1.00	No School  9	Assorted Breakfast Sandwiches 10	Waffles 11	Cinnamon Rolls 12	Chef's Choice 13
<u>Daily Choices</u> Cereal Muffin Bagel Yogurt Breakfast Bar	Glazed Donut 16	Assorted Breakfast Sandwiches 17	Streusel Coffee Cake w/ Hot Apple Slices 18	Homemade Smoothie & Graham Crackers 19	Chef's Choice 20
Students must take a fruit and/or juice with breakfast or be charged a la carte prices	Scrambled Eggs with Sausage & Toast 23	Assorted Breakfast Sandwiches 24	Pancakes 25	Cinnamon Rolls 26	Chef's Choice 27
	Glazed Donut 30	Assorted Breakfast Sandwiches 31	Visit the LINQ portal at linqconnect.com or download the LINQ app to monitor cafeteria purchases, deposit funds, set up automatic payments or low balance reminders, and apply for free/reduced price meals. You can still send cash/check in.		