

EMS
Breakfast

NOVEMBER | 2022



We appreciate your understanding if our menu changes due to significant availability issues in the nationwide supply chain changes. Free & Reduced meal applications are available all year at www.payschoolscentral.com. Approved applications may receive additional benefits.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31 Chocolate Chip Muffin 33 String Cheese 0 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>1 Cinnamon Roll 40 Or 2nd Choice Applesauce Cup 17 100% Juice Milk 2 Hour Delay</p>	<p>2 Glazed Donut 29 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>3 Mini Pancakes 36 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>4 Pop Tart 76 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>
<p>7 Banana Muffin 30 String Cheese 0 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>8 Soft Cinnamon Pretzel Stick 30 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>9 French Toast Mini 37 Or 2nd Choice Applesauce Cup 17 100% Juice Milk 2 Hour Delay</p>	<p>10 Funnel Cake 43 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>11 Pop Tart 76 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>
<p>14 Chocolate Chip Muffin 33 String Cheese 0 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>15 Cinnamon Roll 40 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>16 Glazed Donut 29 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>17 Mini Pancakes 36 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>18 Pop Tart 76 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>
<p>21 Banana Muffin 30 String Cheese 0 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>22 Soft Cinnamon Pretzel Stick 30 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>23 No School</p>		
<p>28 Chocolate Chip Muffin 33 String Cheese 0 Or 2nd Choice Applesauce Cup 17 100% Juice</p>	<p>29 Cinnamon Roll 40 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>30 Glazed Donut 29 Or 2nd Choice Applesauce Cup 17 100% Juice Milk</p>	<p>1</p>	<p>2</p>

The USDA No Charge Meal Waiver has expired. Please note that unless you have submitted a new 2022-2023 Free & Reduced Meal Application & been notified of approval, your student will be charged for their meal.

Breakfast Cost:
Paid Students \$1.00
Approved Free & Reduced Students- No Charge

Charge policy: No charging allowed at breakfast.

Breakfast is available daily. Students are to come directly to the cafeteria from the bus.

Carb Counts: Milk-White 13/Chocolate 19/ Strawberry 19 **Juice-** Apple & Orange Juice 14 / Grape Juice 19

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