

Middle School Breakfast Menu

November 2023



Menu is subject to change without notice.

Contains pork

Vegetarian

For details about ingredients and allergens, please visit LINQ Connect on our website.

Milk: 1% white and fat free chocolate served daily.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Muffin 2. Cereal Sides: Banana & 100% Juice	1. Cinnamon Roll 2. Cereal Sides: Pears & 100% Juice	1. Hard Boiled Egg & Muffin 2. Cereal Sides: Peaches & 100% Juice
		01	02	03
1. Pop-Tart 2. Breakfast Bar Sides: Strawberry Craisins & 100% Juice	1. Egg & Turkey Sausage Muffin 2. Breakfast Bar Sides: Apple Slices & 100% Juice	1. Breakfast Bowl 2. Breakfast Bar Sides: Banana & 100% Juice	1. Donut Holes 2. Breakfast Bar Sides: Pears & 100% Juice	1. Breakfast Rounds 2. Breakfast Bar Sides: Peaches & 100% Juice
06	07	08	09	10
1. Bagel 2. Cereal Sides: Strawberry Craisins & 100% Juice	1. Pancake Wrap 2. Cereal Sides: Apple Slices & 100% Juice	1. Cinnamon Roll 2. Cereal Sides: Banana & 100% Juice	1. Yogurt Parfait 2. Cereal Sides: Pears & 100% Juice	1. Breakfast Burrito 2. Cereal Sides: Peaches & 100% Juice
13	14	15	16	17
No School	No School	No School	No School	No School
20	21	22	23	24
1. Pop-Tart 2. Breakfast Bar Sides: Strawberry Craisins & 100% Juice	1. Mini Banana Bread 2. Breakfast Bar Sides: Apple Slices & 100% Juice	1. Blueberry Waffle 2. Breakfast Bar Sides: Banana & 100% Juice	1. Donut 2. Breakfast Bar Sides: Pears & 100% Juice	
27	28	29	30	