

High 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. Breakfast Rounds 2. Mega Muffin 3. Yogurt Parfait Sides: Banana & 100% Juice	1. Cinnamon Roll 2. Mega Muffin 3. Yogurt Parfait Sides: Pears & 100% Juice	1. Vegetarian Breakfast Sandwich 2. Mega Muffin 3. Yogurt Parfait Sides: Peaches & 100% Juice
		01	02	03
1. Mini French Toast 2. Cereal 3. Pop-Tart & Cheese Stick Sides: Strawberry Craisins & 100% Juice	1. Breakfast Burrito 2. Cereal 3. Pop-Tart & Cheese Stick Sides: Apple Slices & 100% Juice	1. Breakfast Pizza 2. Cereal 3. Pop-Tart & Cheese Stick Sides: Banana & 100% Juice	1. Donut Holes 2. Cereal 3. Pop-Tart & Cheese Stick Sides: Pears & 100% Juice	1. Egg & Turkey Sausage Muffin 2. Cereal 3. Pop-Tart & Cheese Stick Sides: Peaches & 100% Juice
06	07	08	09	10
1. Bagel 2. Mega Muffin 3. Power-Up Smoothie Sides: Strawberry Craisins & 100% Juice	1. Breakfast Sandwich 2. Mega Muffin 3. Power-Up Smoothie Sides: Apple Slices & 100% Juice	1. Uncrustable Breakfast Bites 2. Mega Muffin 3. Power-Up Smoothie Sides: Banana & 100% Juice	1. Donut 2. Mega Muffin 3. Power-Up Smoothie Sides: Pears & 100% Juice	1. Mini Cinnamon Waffles 2. Mega Muffin 3. Power-Up Smoothie 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. Breakfast Bowl 2. Cereal 3. Yogurt Parfait Sides: Strawberry Craisins & 100% Juice	1. Ultimate Breakfast Rounds 2. Cereal 3. Yogurt Parfait Sides: Apple Slices & 100% Juice	1. Donut Holes 2. Cereal 3. Yogurt Parfait Sides: Banana & 100% Juice	1. Cinnamon Roll 2. Cereal 3. Yogurt Parfait Sides: Pears & 100% Juice	
27	28	29	30	