

# High School Breakfast Menu

December 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. Pancake Wrap 2. Cereal 3. Yogurt Parfait  Sides: Applesauce & 100% Juice
				<b>01</b>
1. Bagel 2. Breakfast Bar 3. Cereal  Sides: Strawberry Craisins & 100% Juice	1. Banana Bread 2. Breakfast Bar 3. Cereal  Sides: Apple Slices & 100% Juice	1. Breakfast Pizza 2. Breakfast Bar 3. Cereal  Sides: Banana & 100% Juice	1. Donut 2. Breakfast Bar 3. Cereal  Sides: Pears & 100% Juice	1. Egg & Turkey Sausage Muffin 2. Breakfast Bar 3. Cereal  Sides: Applesauce & 100% Juice
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
1. Uncrustable Breakfast Bites 2. Mega Muffin 3. Yogurt Parfait  Sides: Strawberry Craisins & 100% Juice	1. Pancake Wrap 2. Mega Muffin 3. Yogurt Parfait  Sides: Apple Slices & 100% Juice	1. Ultimate 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: Applesauce & 100% Juice
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
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 Muffins 2. Cereal 3. Pop-Tart & Cheese Stick  Sides: Applesauce & 100% Juice
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>