

September Middle School Menu

This institution is an equal opportunity provider.

2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School: Labor Day	3 Hot & Crispy Breakfast Pizza Cheeseburger Sliders, Charcuterie Box, S/R Chicken Strip Salad	4 Golden Sunshine Waffles Big Daddy Pizza, Charcuterie Box, S/R Chicken Strip Salad	5 Rise & Shine Scramble Hello Yellow Mac N Cheese, Charcuterie Box, S/R Chicken Strip Salad	6 Breakfast Burritos Chicken & Waffles, Charcuterie Box, S/R Chicken Strip Salad
9 Syrupy Pancake & Sausage Dog Chicken Alfredo, Chef Salad, Roast Beef Sub	10 Berrylicious Yogurt Tower Crispy Chicken Nuggets, Chef Salad, Roast Beef Sub	11 Fuel Up Breakfast Bars Big Daddy Pizza, Chef Salad, Roast Beef Sub	12 Crunchy Potato Casserole Zesty Chicken Fajita Taco, Chef Salad, Roast Beef Sub	13 Chicken Biscuit Delight Toasted Grilled Cheese, Chef Salad, Roast Beef Sub
16 Mouth Watering Muffin Tops Tamale, Soft Pretzel w/ Cheese, Bacon Chx Ranch Sub	17 Sunrise Roll Ups Chicken Parmesan, Soft Pretzel w/ Cheese, Bacon Chx Ranch Sub	18 Fantastic French Toast Cheeseburger, Soft Pretzel w/ Cheese, Bacon Chx Ranch Sub	19 Egg-citing English Muffins Orange Chicken w/ Fried Rice, Soft Pretzel w/ Cheese, Bacon Chx Ranch Sub	20 Soft Iced Cinnamon Rolls Burritos, Soft Pretzel w/ Cheese, Bacon Chx Ranch Sub
23 Blissful Bagel w/ Cream Cheese Popcorn Chx Bowl, Turkey & Cheese Sandwich, Mediterranean Bento Box	24 Hot & Crispy Breakfast Pizza Chicken Sandwich, Turkey & Cheese Sandwich, Mediterranean Bento Box	25 Golden Sunshine Waffles Big Daddy Pizza, Turkey & Cheese Sandwich, Mediterranean Bento Box	26 Rise & Shine Scramble Layered Lasagna, Turkey & Cheese Sandwich, Mediterranean Bento Box	27 Breakfast Burritos All Star Hot Dog, Turkey & Cheese Sandwich, Mediterranean Bento Box
30 Syrupy Pancake & Sausage Dog Fried Chicken, BLT, Chx Caesar Salad				For nutrition information, visit linqconnect.com

Vegetarian Entrée *

Menus are subject to change without notice. Substitutions will be made.

National School Lunch Program Free & Reduced Priced Meals

Applications for free/ reduced meals are available at linqconnect.com or at your student's school office.

Negative Balance Policy

We allow students 5 credited meals. Low and negative balances on students' meal accounts will be communicated to household via letter, email, and/or phone. You can add money to your students' account on linqconnect.com.

Meal Prices

Breakfast	\$1.50
RED breakfast	FREE
Lunch	\$3.00
RED Lunch	FREE

Breakfast includes:

An entrée, a variety of fruit, 100% fruit juice, milk and cereal.

Lunch includes:

An entrée, fresh fruit and vegetable bar, and milk. A PB&J is offered as an entrée option every day.

Locally sourced Fat Free White and Fat Free Chocolate Milk offered daily.

