OCTOBER Breakfast Menu

Grades K-8

Good Food = Bright Futures

Monday	Tuesday	Wednesday	Thursday	Friday
28  • Cin. Toast Crunch • Go-Gurt • Apple Crisp • Juice • Milk	**29**  • Cake Donut • Fresh Fruit • Fruit Cup • Milk	**30**  • Bk Sandwich • Fresh Fruit • Fruit Cup • Milk	**1**  • Mini Pancakes • Fresh Fruit • Fruit Cup • Milk	**2**  • Bagel BK Pizza • Fresh Fruit • Fruit Cup • Milk
5  • Honey Nut Cheerios • Cheese Stick • Fruit Cup • Juice • Milk	**6**  • Muffin • Yogurt • Fresh Fruit • Craisin • Milk	**7**  • French Toast • Hard Boiled Egg • Fresh Fruit • Fruit Cup • Milk	**8**  • Yogurt Parfait • Cin. Goldfish • Apple Crisp • Milk	**9**  • Cheese Omelet • Fresh Fruit • Hash Brown • Salsa • Milk
12 No School	**13**  • Reese Puff Cereal • Go-Gurt • Fruit Cup • Juice • Milk	**14**  • Pancake Sausage Wrap • Fresh Fruit • Fruit Cup • Milk	**15**  • Strawberry Pancake • Yogurt • Fresh Fruit • Fruit Cup • Milk	**16**  • BK Burrito • Fresh Fruit • Apple Crisp • Salsa • Milk
19  • Trix Cereal • Go-Gurt • Fresh Fruit • Juice • Milk	**20**  • Blueberry Waffle • Fresh Fruit • Fruit Cup • Milk	**21**  • CC French Toast • Fresh Fruit • Fruit Cup • Milk	**22**  • Mini Cinni • Hard Boiled Egg • Fresh Fruit • Fruit Cup • Milk	**23**  • Pumpkin Bread • Cheese Stick • Fresh Fruit • Craisin • Milk
26  • Lucky Charms • Go-Gurt • Apple Crisp • Juice • Milk	**27**  • Pull Apart Donut • Hard Boiled Egg • Fresh Fruit • Fruit Cup • Milk	**28**  • Bagel BK Pizza • Fresh Fruit • Fruit Cup • Milk	**29**  • Mini Pancake • Cheese Stick • Fresh Fruit • Fruit Cup • Milk	**30**  • Frudel • Yogurt • Fresh Fruit • Fruit Cup • Milk

Due to supply chain challenges, menu items may change.

Students are required to select three (3) food items, one of which must be a fruit or vegetable.

Breakfast Prices

Paid	$3.25
Reduced	$0.25

All muffins, donuts, French toast, waffles, cereals, and similar items are made with **whole grains.**

Breakfast is offered every morning before school.

All menus are compliant with USDA guidelines.

How to Apply for Free or Reduced Meals

(Only one application per family is required.)

Apply online at **linqconnect.com**

or complete a paper application and return it to your school.

Fresh Fruit & Vegetable Program is offered daily.

Children disovver and enjoy new, unfamiliar, and seasonal fruits and vegetables.

We encourage students to try something new and explore the variety of fresh produce available!

PCSD6 is an equal opportunity provider