

September Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
31 Cin Toast Crunch Go-Gurt Apple Crisp Juice Milk	Sept 1 Donut Fresh Fruit Fruit cup Milk	2 French Toast/syrup Hard Boiled Egg Fresh Fruit Fruit Cup Milk	3 Mini Pancakes Cheese Sticks Fresh Fruit Fruit Cup Milk	4 Breakfast Pizza Fresh Fruit Applesauce Milk
7 No School	8 Reeses Cereal Go-gurt Fruit Cup Juice Milk	9 Pancake Wrap Fresh Fruit Fruit Cup Milk	10 Strawberry Pancake Fresh Fruit Fruit Cup Milk	11 Breakfast Burrito Fresh Fruit Apple Crisp Salsa Milk
14 Honey Nut Cheerios Cheese Stick Fruit Cup Juice Milk	15 Muffin Yogurt Fresh Fruit Craisins Milk	16 Mini French Toast Fruit Cup Applesauce Milk	17 Yogurt Parfait with fresh berries Cin. Goldfish Apple Crisp Milk	18 Cheese Omelet Fresh Fruit Hash brown Salsa Milk
21 Trix Cereal Yogurt Fresh Fruit Milk	22 Blueberry Waffle Fresh Fruit Fruit Cup Milk	23 French Toast Go-Gurt Fruit Cup Fresh Fruit Milk	24 Mini Cinnis Fresh Fruit Fruit Cup Milk	25 Banana Bread Cheese Stick Fresh Fruit Craisin Milk
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		

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.

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

Breakfast Prices

Paid \$3.25

Reduced .25

Fresh Fruit & Vegetable Program is offered daily.

Children discover 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



September Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
31 Chicken Sand Fruit Baked Beans Carrots Pickles Rice Krispie Treat Milk	1 Nachos Cin Goldfish Fruit Corn Salsa Milk	2 Orange Chicken Rice Fruit Broccoli Cauliflower Milk	3 English Muffin Sand Tater Gems Peas and Carrots Juice Milk	4 Soft Pretzel Cheese Sauce Goldfish Fruit Cucumber Celery Milk
7 No School	8 Soft Taco Fruit Lettuce Corn Salsa Milk	9 Pizza Fruit Salad Dressing Cookie Milk	10 French Toast Scrambled eggs Fruit Tater Gems Celery Milk	12 Turkey Sandwich Fruit Carrots Cucumber Coins Chips Milk
14 Dutch Waffle Chicken Strips Fruit Salad Dressing Milk	15 Walking Taco Fruit Lettuce Corn Salsa Milk	16 Teriyaki Chicken Rice Fruit Stir Fry Blend Carrots Juice Milk	17 Ravioli Breadstick Fruit Cucumber Green Beans Milk	18 Beef Hot Dog Graham Crackers Fruit Baked Beans Celery Condiments Milk
21 Meatball Sub Sunchips Fruit Green Beans Milk	22 Nachos Fruit Bell Peppers Refried Beans Milk	23 Popcorn Chicken Mashed Potato Gravy Fruit Slushi Milk	24 Mac and Cheese Garlic Toast Fruit Salad/Dressing Milk	25 Corn Dog Fruit Carrots Celery Milk
28 Chicken Sand Fruit Baked Beans Carrots Pickles Rice Krispie Treat Milk	29 Walking Taco Fruit Corn Salsa Milk	30 Orange Chicken Rice Fruit Broccoli Cauliflower Milk	Oct 1 English Muffin Sand Tater Gems Peas and Carrots Juice Milk	2 Soft Pretzel Cheese Sauce Goldfish Fruit Cucumber Celery Milk

All breads, breading, crackers, and cookies served meet whole grain-rich requirements.

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

Menus are subject to change due to supply chain availability.

All meals are planned and served in compliance with current USDA meal pattern requirements.

Lettuce Purchased Locally From Greybull Produce

Meal Prices

Breakfast: \$3.25 (Paid) • \$0.25 (Reduced)

Lunch: \$3.85 (Paid) • \$0.25 (Reduced)

Free and Reduced-Price Meal Applications:

- Applications may be submitted online at linqconnect.com
- Paper applications are available at each school and may be returned to the school office (Only one application per household is required.)

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