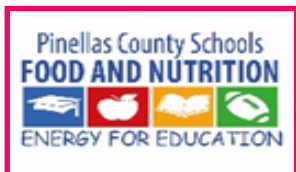


August 2023 Breakfast K-12 Menu



Fun Fact!

- Watermelon**
- is 92% water
 - take 90 days to grow
 - the world's heaviest weighed over 350 lbs.
 - there are more than 1000 varieties
 - a hollow knock or plunk sound means its ripe

- Breakfast Choices**
- Hot or Cold Entrée Choices Available Daily**
- i.e.:* Pancakes, Breakfast Sandwich, Cereal & Toast, or Cereal Bar & Toast.
- Must Choose 1:**
- Fruit or Juice**
(may choose up to 2 servings of fruits)
- May Choose: 1 Milk:**
Low Fat White, Fat Free Chocolate, Fat Free Strawberry or Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>PAY FOR SCHOOL MEALS ONLINE</p>	<p>More than a Meal The free/reduced priced meal program affects many areas—check it out!</p> <div style="display: flex; justify-content: space-around;"> <div style="width: 45%;"> <p>School Funding Increased funding to ensure students receive the support they need at school</p> <p>Internet Access Discount on home internet costs</p> <p>College App Fees Discount on fees associated with applying to college</p> </div> <div style="width: 45%;"> <p>Bus Passes Discount on passes for the bus/light rail</p> <p>School Meals Discount on healthy & tasty school meals</p> <p>SAT, ACT, AP Fees Discount on fees for academic tests</p> </div> </div> <p><i>Some of these benefits apply even if you don't qualify for free/reduced price meals.</i></p>		<p>Free & Reduced Meal Benefits Convenient, Secure, & Confidential</p>		
<p>14</p> <p>Sausage Gravy Breakfast Pizza Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>15</p> <p>Breakfast Skillet Egg•Potato•Cheese•Biscuit Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>16</p> <p>Eggo Chocolate Chip French Toast Minis Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>17</p> <p>Maple Sausage Pancake Wraps Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>11</p> <p>Egg & Cheese Burrito Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	
<p>21</p> <p>Chicken Biscuit Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>22</p> <p>Sausage Waffle Sandwich Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>23</p> <p>Apple Cinnamon Texas Toast Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>24</p> <p>Cinnamon Roll w/ Glaze Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	<p>18</p> <p>Egg & Cheese Croissant Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast Graham Crackers</p>	
<p>28</p> <p>Chicken Waffle Sandwich Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast</p>	<p>29</p> <p>Egg, Ham & Cheese Croissant Sandwich Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast</p>	<p>30</p> <p>Sausage Biscuit <u>or</u> Grits & Sausage Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast</p>	<p>31</p> <p>Eggo Cinnamon Waffle Bites Bowl-Pak Cereal Variety Breakfast Bar Assortment Buttered Toast <u>or</u> Cinnamon Toast</p>	<p>Menus are subject to change!</p> <p>We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p>	

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