

SEPTEMBER PILOT BREAKFAST MENU 2023

Choice of milk served daily. This institution is an equal opportunity provider. Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
	5 French Toast Breakfast Bar Cheese Stick Fruit Juice/Milk	6 Crescent Bar Cheese Stick Fruit Juice/Milk	7 Fruit Frudel Yogurt Fruit Juice/Milk	8 NO SCHOOL
11 Combo Bars Yogurt Fruit Juice/Milk	12 Pop Tarts Yogurt Fruit Juice/Milk	13 Sausage, Egg & Hashbrown Grahams Fruit Juice/Milk	14 Waffles Yogurt Fruit Juice/Milk	15 NO SCHOOL
18 Pancake Bowl Yogurt Fruit Juice/Milk	19 Breakfast Burritos Cheese Stick Fruit Juice/Milk	20 Scramble Egg & Ham Cheese Stick Fruit Juice/Milk	21 Cereal Yogurt Fruit Juice/Milk	22 NO SCHOOL
25 Breakfast Pizza Cheese Stick Fruit Juice/Milk	26 Muffin Top Yogurt Fruit Juice/Milk	27 Mini Bagels Cheese Stick Fruit Juice/Milk	28 Breakfast Bar Cheese Stick Fruit Juice/Milk	29 NO SCHOOL
	There are over 10,000 miles of rivers in IDAHO!		IDAHO is the #1 producer of Potatoes, Lentils and Trout!	30 

Breakfast is free for students. Adults \$2.65

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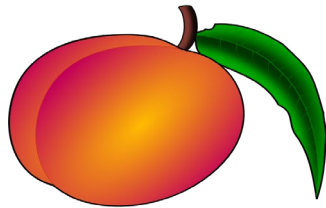

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FREE & REDUCED MEALS: NEW APPLICATIONS MUST BE COMPLETED EACH YEAR. APPLICATIONS ARE AVAILABLE AT EACH SCHOOL OFFICE AND THE LUNCHROOM OFFICE. LUNCHCOST: Elementary, Middle & High School - \$2.65, if qualified for reduced, .40 cents. Adults- \$3.95. Breakfast is FREE for Students.

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SEPTEMBER PILOT LUNCH MENU 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Labor Day No School</p>	<p>5</p> <p>Chicken Strips French Fries Corn Apricots Choice of Milk</p>	<p>6</p> <p>French Bread Pizza Mixed Salad Carrots Apples Choice of Milk</p>	<p>7</p> <p>Crispitos Broccoli Slushies Choice of Milk</p>	<p>8</p> <p>NO SCHOOL</p>
<p>11</p> <p>Chicken Nuggets French Fries Cucumber Peaches Choice of Milk</p>	<p>12</p> <p>Taco Tuesday Tomatoes, Onion, Cilantro Refried Beans Mandarin Oranges Choice of Milk</p>	<p>13</p> <p>Hot Dogs W/ WG Bun Graham Crackers Mixed Veggies Apples Choice of Milk</p>	<p>14</p> <p>Orange Chicken W/ Rice Corn Mandarin Oranges Choice of Milk</p>	<p>15</p> <p>NO SCHOOL</p>
<p>18</p> <p>Chicken Parmesan Pasta Salad Breadsticks Nectarines Choice of Milk</p>	<p>19</p> <p>Super Nachos Refried Beans Frozen Strawberries Choice of Milk</p>	<p>20</p> <p>Spaghetti & Meatballs Mixed Salad Corn Sliced Apples Choice of Milk</p>	<p>21</p> <p>Corn Dogs French Fries Oranges Choice of Milk</p>	<p>22</p> <p>NO SCHOOL</p>
<p>25</p> <p>Chicken Caesar Salad Breadstick Peaches Choice of Milk</p>	<p>26</p> <p>Biscuits & Gravy Diced Potatoes Bananas Choice of Milk</p>	<p>27</p> <p>Mac & Cheese Black Bean Salad Frozen Strawberries Choice of Milk</p>	<p>28</p> <p>Pepperoni Pizza Grahams Steamed Carrots Mixed Fruit Choice of Milk</p>	<p>29</p> <p>NO SCHOOL</p>
<p>Don't drink energy drinks. All you need is a cucumber for that afternoon pick me up. They are high in B1, B2, B3, B5, B6, Vitamin C, Calcium, Iron and many more. They are also 95% water!!</p>		<p>Peaches are a nutritional powerhouse. Vitamin A,C, E, K, B1, B2, B3, B6. As well as many minerals!! The fuzz on peaches is a defense mechanism from insects, animals and disease.</p>		

Free & Reduced meals: New applications must be completed each year. Applications are available online (linq.connect.com)and in each school and lunchroom office. Lunch cost: Elementary, Middle & High School \$3.35, Reduced .40, Adults \$4.70.