

September 2023 K-8 Breakfast

Breakfast Meal Prices:
 All Grades Paid: \$1.25
 All Grades Reduced/Free: \$0.00
 Non-Student: A la carte prices

Milk Choices:
 1% Plain
 Fat Free Plain
 Fat Free Chocolate
 Fat Free Strawberry


Meal Benefit Applications are available throughout the school year.
 To complete your application online please go to www.upsidethecircle.org

All options may not be available at all schools. Menu selection is subject to change at any time.

Food Allergy Disclaimer:

Please be aware that School Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to the School Nutrition Services at 910-455-2211.

- **Indicates a mechanical soft option** - opportunity provider and entrees & all grain/breads will be cut into 1/4" pieces using established guidelines.
- Additional sauces and gravies can be added to increase moisture to foods.
- All vegetables will be cooked until soft & large pieces will be cut. Foods must be soft enough to mash with a fork.
- Canned fruit options can be served as is.
- Fresh bananas will be offered as a fruit option when available.
- When an acceptable vegetable option is not on the menu, a

Monday	Tuesday	Wednesday	Thursday	Friday
				1 *Breakfast Sausage Pizza Cereal Variety Poptart Variety * *Applesauce Cup *Grape Juice Choice of Milk
4 	5 Yogurt Parfait Cereal Variety Poptart Variety Raisins *Apple Juice Choice of Milk	6 *Mini Cinnamon Waffles Cereal Variety Poptart Variety * *Applesauce Cup *Orange Juice Choice of Milk	7 *Mini Maple Pancakes Cereal Variety Poptart Variety Fruit Cocktail Cup Fruit Punch Juice Choice of Milk	8 Breakfast Burrito Cereal Variety Poptart Variety *Fresh Banana *Grape Juice Choice of Milk
11 Cinnamon Toast Crunch Pocket Cereal Variety Poptart Variety Raisins *Orange Juice Choice of Milk	12 *French Toast Sticks Cereal Variety Poptart Variety *Applesauce Cup *Apple Juice Choice of Milk	13 *Confetti Pancakes Cereal Variety Poptart Variety *Diced Peach Cup Fruit Punch Juice Choice of Milk	14 *Sausage Pancake on a Stick Cereal Variety Poptart Variety Fruit Cocktail Cup *Orange Juice Choice of Milk	15 Ham, Egg, & Chz Biscuit Cereal Variety Poptart Variety * *Applesauce Cup *Grape Juice Choice of Milk
18 * French Toast Pull Aparts Cereal Variety Poptart Variety *Diced Peach Cup *Apple Juice Choice of Milk	19 *Chocolate Chip Muffin Cereal Variety Poptart Variety Raisins *Orange Juice Choice of Milk	20 *Mini Cinnamon Waffles Cereal Variety Poptart Variety * *Applesauce Cup Fruit Punch Juice Choice of Milk	21 Yogurt Parfait Cereal Variety Poptart Variety Raisins *Grape Juice Choice of Milk	22 *Buttermilk Chicken Biscuit Cereal Variety Poptart Variety *Fresh Banana *Orange Juice Choice of Milk
25 * Banana Muffin Cereal Variety Poptart Variety Raisins *Apple Juice Choice of Milk	26 *Mini Maple Pancakes Cereal Variety Poptart Variety *Applesauce Cup *Grape Juice Choice of Milk	27 Chocolate Chip French Toast Pull- Aparts Cereal Variety Poptart Variety Raisins Fruit Punch Juice Choice of Milk	28 Breakfast Burrito Cereal Variety Poptart Variety Fruit Cocktail Cup *Orange Juice Choice of Milk	29 *Sausage Biscuit Cereal Variety Poptart Variety * *Applesauce Cup *Grape Juice Choice of Milk