

LMES—BREAKFAST

SEPTEMBER

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Important Information:
<p>Cafeteria Manager: Keysa Bice Contact: 706-857-6130</p> <p>School Nutrition Director: Brandie Wooten Contact: bwooten@chattooga.k12.ga.us or 706-859-3054</p> <p>Menu subject to change without notice.</p> <p>This institution is an equal opportunity provider.</p>			<p>1</p> <p>Cinnamon Bun w/ Bacon OR Bacon Biscuit OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>2023-2024 Student Meal Prices:</p> <p>Elementary Students</p> <p>Full-Price Lunch: \$2.00 Reduced-Price Lunch: \$0.40</p> <p>*Students will be charged at the Full-Price rate until a meal application is received and approved.</p> <p>Payments can be made in cash, check, or online at: Linqconnect.com</p>
<p>5</p> <p>Pancake w/ Syrup & Sausage Patties OR Pop-Tart OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice & Choice of Milk</p>	<p>6</p> <p>Sausage Biscuit OR Breakfast Pizza OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>7</p> <p>Chicken Biscuit OR Ham & Cheese Biscuit OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>8</p> <p>Gravy Biscuit OR Donut OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>*Serving size for each menu item:</p> <p>Vegetables—3/4 cup minimum</p> <p>Fruit—3/4 cup minimum</p> <p>Milk—1 cup</p> <p>Meat/Meat Alt.—1 oz minimum</p> <p>Grains—1 oz minimum</p>
<p>12</p> <p>Waffles w/ Syrup & Bacon OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>13</p> <p>Sausage Biscuit OR Breakfast Pizza OR Cereal w/ Toast OR Cereal Bar OR Pop-Tart</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>14</p> <p>Egg & Cheese Biscuit OR Cereal w/ Toast OR Cereal Bar OR Muffin</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>15</p> <p>Chicken Biscuit OR Honey Bun w/ Cheese Stick OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	
<p>19</p> <p>Apple Cinnamon Toast w/ Strawberries & Syrup OR Pop-Tart OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>20</p> <p>Sausage Biscuit OR Breakfast Pizza OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>21</p> <p>Cheese Biscuit OR Jelly Biscuit OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>22</p> <p>Bacon, Egg, & Cheese Biscuit OR Apple Bagel OR Cereal w/ Toast OR Cereal Bar</p> <p>Yogurt Assorted Fruit & Assorted Yogurt Assorted Juice & Choice of Milk</p>	
<p>26</p> <p>Pancake/Sausage Stick w/ Syrup OR Muffin OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice & Choice of Milk</p>	<p>27</p> <p>Sausage Biscuit OR Breakfast Pizza OR Cereal w/ Toast OR Cereal Bar OR Pop-Tart</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice & Choice of Milk</p>	<p>28</p> <p>Steak Biscuit w/ Gravy & Sliced Tomato OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice Choice of Milk</p>	<p>29</p> <p>Sausage, Egg, & Cheese Biscuit OR Cooked Apples, Oatmeal & Bacon OR Cereal w/ Toast OR Cereal Bar</p> <p>Assorted Fruit & Assorted Yogurt Assorted Juice & Choice of Milk</p>	