

A selection of fruit & milk available with meals. Check school website [uplifteducation.org](http://uplifteducation.org) for additional information and updates.

# SEPTEMBER 2023

## Vegetarian Breakfast

Breakfast: FREE  
Lunch: Reduced: \$0.40  
Paid: \$2.95  
Menu Subject to Change

Monday

Tuesday

Wednesday

Thursday

Friday



**HAPPY  
LABOR  
DAY**

**Breakfast:**

1

Eggoji Sandwich  
Or  
Cereal

**Breakfast:**

5

Cinnamon Roll  
Or  
Cereal

**Breakfast:**

6

Donut Cluster  
Or  
Cereal

**Breakfast:**

7

Cheesy Egg Croissant  
Or  
Cereal

**Breakfast:**

8

Banana Loaf  
Or  
Cereal

**Breakfast:**

11

Banana Loaf  
Or  
Cereal

**Breakfast:**

12

Cereal

**Breakfast:**

13

Cheesy Egg Croissant  
Or  
Cereal

**Breakfast:**

14

French Toast Bites  
Or  
Cereal

**Breakfast:**

15

Cheesy Egg Croissant  
Or  
Cereal

**Breakfast:**

18

Donut Cluster  
Or  
Cereal

**Breakfast:**

19

Pancake Bites  
Or  
Cereal

**Breakfast:**

20

Pizza Crunchers  
Or  
Cereal

**Breakfast:**

21

Veggie Chicken & Waffles  
Or  
Cereal

**Breakfast:**

22

Cereal

**Breakfast:**

25

Banana Loaf  
Or  
Cereal

**Breakfast:**

26

Egg & Cheese Bagel  
Or  
Cereal

**Breakfast:**

27

Cereal

**Breakfast:**

28

Honey Bun  
Or  
Cereal

**Breakfast:**

29

Eggoji Sandwich  
Or  
Cereal

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