

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

# SEPTEMBER 2022

## Breakfast Vegetarian High

Breakfast: FREE  
Lunch:  
Free & Reduced: Free  
Paid: \$2.95  
Menu Subject To Change

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**5**

**Breakfast:**

**6**

Biscuits, Veggie Sausage  
Egg & Gravy  
Or  
Cereal

**Breakfast:**

**7**

Honey Bun  
Or  
Cereal

**Breakfast:**

**8**

Emoji Waffle Sandwich  
Or  
Cereal

**Breakfast:**

**9**

Cereal

**Breakfast:**

**12**

Cheese Egg Croissant  
Or  
Cereal

**Breakfast:**

**13**

Maple Mini Waffles  
Or  
Cereal

**Breakfast:**

**14**

Banana Loaf  
Or  
Cereal

**Breakfast:**

**15**

Frudel  
Or  
Cereal

**Breakfast:**

**16**

Honey Bun  
Or  
Cereal

**Breakfast:**

**19**

Poptart  
Or  
Cereal

**Breakfast:**

**20**

Maple Mini Waffles  
Or  
Cereal

**Breakfast:**

**21**

Blueberry Muffin  
Or  
Cereal

**Breakfast:**

**22**

Cereal

**Breakfast:**

**23**

Cereal

**Breakfast:**

**26**

Cinnamon Roll  
Or  
Cereal

**Breakfast:**

**27**

Biscuits, Veggie Sausage  
Egg & Gravy  
Or  
Cereal

**Breakfast:**

**28**

Honey Bun  
Or  
Cereal

**Breakfast:**

**29**

Emoji Waffle Sandwich  
Or  
Cereal

**Breakfast:**

**30**

Cereal

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