



# Emmons Lake Elementary Breakfast Menu September 2021

Menu is subject to change per availability

1  
Cini Mini  
Fresh or Canned Fruit  
Milk/Juice

2  
Donut Stick  
Fresh or Canned Fruit  
Milk/Juice

3  
**No School**

6  
**No School**

7  
Cini Mini  
Fresh or Canned Fruit  
Milk/Juice

8  
Muffin  
Fresh or Canned Fruit  
Milk/Juice

9  
Pop Tart  
Fresh or Canned Fruit  
Milk/Juice

10  
Cereal  
Fresh or Canned Fruit  
Milk/Juice

Go to [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com) to view the history or deposit money to your child's account.

Do not forget to submit a new Free & Reduced for the new school year. Go to [www.lunchapp.com](http://www.lunchapp.com)

13  
Nutigrain Bar  
Fresh or Canned Fruit  
Milk/Juice

14  
Cereal  
Fresh or Canned Fruit  
Milk/Juice

15  
Pop Tart  
Fresh or Canned Fruit  
Milk/Juice

16  
Granola Bar  
Fresh or Canned Fruit  
Milk/Juice

17  
Cini Mini  
Fresh or Canned Fruit  
Milk/Juice

Free breakfast and lunch.

Curbside Meals available for virtual learning Mondays 9:00-10:00. Located at Duncan Lake Middle School. You will receive 5 breakfast and 5 lunches.

20  
Cini Mini  
Fresh or Canned Fruit  
Milk/Juice

21  
Pop Tart  
Fresh or Canned Fruit  
Milk/Juice

22  
Nutigrain Bar  
Fresh or Canned Fruit  
Milk/Juice

23  
Granola Bar  
Fresh or Canned Fruit  
Milk/Juice

24  
Frudel  
Fresh or Canned Fruit  
Milk/Juice

27  
Pop Tart  
Fresh or Canned Fruit  
Milk/Juice

28  
Donut Stick  
Fresh or Canned Fruit  
Milk/Juice

29  
Cereal  
Fresh or Canned Fruit  
Milk/Juice

30  
Pop Tart  
Fresh or Canned Fruit  
Milk/Juice



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.