



# Emmons Lake Elementary Breakfast Menu September 2022

Go to [www.familyportal.cloud](http://www.familyportal.cloud) 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)

**New Lunch Prices:**  
Breakfast \$1.45  
Lunch \$2.40

Check out our website for nutritional information



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Menu is subject to change per availability

5  
**No School**

12  
Nutigrain Bar  
Fresh or Canned Fruit  
Milk/juice

19  
Cini Mini  
Fresh or Canned Fruit  
Milk/Juice

26  
Muffin  
Fresh or Canned  
Fruit  
Milk/Juice

6  
Cini Mini  
Fresh or Canned Fruit  
Milk/Juice

13  
Cereal  
Fresh or Canned  
Fruit  
Milk/Juice

20  
Cereal  
Fresh or Canned Fruit  
Milk/Juice

27  
Donut Stick  
Fresh or Canned Fruit  
Milk/Juice

7  
Muffin  
Fresh or Canned Fruit  
Milk/Juice

14  
Cinnamon Roll  
Fresh or Canned Fruit  
Milk/Juice

21  
Nutigrain Bar  
Fresh or Canned Fruit  
Milk/juice

28  
Cereal  
Fresh or Canned  
Fruit  
Milk/Juice

8  
Frudel  
Fresh or Canned Fruit  
Milk/Juice

15  
Granola Bar  
Fresh or Canned Fruit  
Milk/Juice

22  
Granola Bar  
Fresh or Canned Fruit  
Milk/Juice

29  
Frudel  
Fresh or Canned  
Fruit  
Milk/Juice

1  
Donut Stick  
Fresh or Canned Fruit  
Milk/Juice

9  
Cereal  
Fresh or Canned Fruit  
Milk/Juice

16  
Cini Mini  
Fresh or Canned Fruit  
Milk/Juice

23  
Frudel  
Fresh or Canned Fruit  
Milk/Juice

30  
Cinnamon Roll  
Fresh or Canned Fruit  
Milk/Juice

2  
**No School**