

# Pre-K Breakfast Menu for September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Monday 9/1</u> <b>No School</b>	<u>Tuesday 9/2</u> <b>Chicken Biscuit</b> Fruit Gel Cup	<u>Wednesday 9/3</u> <b>Muffin</b> Fresh Fruit	<u>Thursday 9/4</u> <b>Pork Sausage Biscuit</b> Raisins	<u>Friday 9/5</u> <b>Pancake Sausage Wrap</b> Fresh Fruit
<u>Monday 9/8</u> <b>Chocolate Chip French Toast</b> Applesauce	<u>Tuesday 9/9</u> <b>Chicken Biscuit</b> Fresh Fruit	<u>Wednesday 9/10</u> <b>Turkey Ham &amp; Cheese Croissant</b> Strawberry Cup	<u>Thursday 9/11</u> <b>Pork Sausage Biscuit</b> Fresh Fruit	<u>Friday 9/12</u> <b>Breakfast Pizza</b> Peach Cup
<u>Monday 9/15</u> <b>Maple Snack Waffle</b> Fresh Fruit	<u>Tuesday 9/16</u> <b>Chicken Biscuit</b> Fruit Gel Cup	<u>Wednesday 9/17</u> <b>Muffin</b> Fresh Fruit	<u>Thursday 9/18</u> <b>Pork Sausage Biscuit</b> Sour Watermelon Raisins	<u>Friday 9/19</u> <b>Pancake Sausage Wrap</b> Fresh Fruit
<u>Monday 9/22</u> <b>Chocolate Chip French Toast</b> Applesauce	<u>Tuesday 9/23</u> <b>Chicken Biscuit</b> Fresh Fruit	<u>Wednesday 9/24</u> <b>Turkey Ham &amp; Cheese Croissant</b> Strawberry Cup	<u>Thursday 9/25</u> <b>Pork Sausage Biscuit</b> Fresh Fruit	<u>Friday 9/26</u> <b>Breakfast Pizza</b> Peach Cup
<u>Monday 9/29</u> <b>Maple Snack Waffle</b> Fresh Fruit	<u>Tuesday 9/30</u> <b>Chicken Biscuit</b> Fruit Gel Cup	Please note: allergies may be present in our facilities.  *Manage and monitor your student's account at : <a href="https://lincconnect.com/main">https://lincconnect.com/main</a>  *Menu subject to change due to availability.  *Students are offered a variety of Low Fat and/or Fat Free Milk and 100% Fruit Juice with every breakfast.		

## Families Making the Connection Taste & Learn About Local Produce

North Carolina is fortunate to have a bounty of agricultural products. "Goodness Grows in North Carolina"! You can find locally grown food in grocery stores, roadside stands, and farmers markets as well as restaurants, schools, and early care and education sites across the state.

For National Fruits & Veggies Month in September and Farm to School and Early Care and Education Month in October, plan to participate in the N.C. Crunch, an opportunity to taste and learn about North Carolina grown fruits and veggies. Schools, early care and education centers, organizations, and families can sign up and receive a free guide with tips, templates, and links to resources. Share photos on social media of you tasting and learning about N.C. produce using #NCCrunch. Learn more and sign up at <https://growing-minds.org/north-carolina-crunch>.

The N.C. Crunch is also an opportunity to recognize all those involved in feeding our youth and communities—farmers, distributors, school nutrition professionals, transportation professionals and more. Let's thank our dedicated #FarmtoSchoolHeroes across the state!