

# AUGUST 2022 Breakfast Menu PK-12<sup>th</sup> East Buchanan School District

Breakfast: \$1.40  
Lunch PK-5: \$2.35  
Lunch 6-12: \$2.45  
Adults: \$4.15

Please check your account balance  
online:  
[www.east-buc.k12.ia.us](http://www.east-buc.k12.ia.us)  
Click on "School Lunch Program"

Institution is an equal  
opportunity provider.  
Menus subject to change  
as needed.

BREAKFAST & LUNCH	Monday	Tuesday	Wednesday	Thursday	Friday
*Average meal calorie count for Lunch *K-5 (550-650) *6-8 (600-700) *9-12 (750-850)	<b>WELCOME BACK</b>				
<b>Milk Variety</b> Chocolate Fat Free White Fat Free White, 1% Milk offered at all meals (Extra Milk \$.40)			<b>WELCOME BACK</b>		
					<b>WELCOME BACK</b>
		<b>23</b> WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety	<b>24</b> WG French Toast Sticks Fruit 100% Fruit Juice Milk Variety	<b>25</b> WG Mini Cinni Fruit 100% Fruit Juice Milk Variety	<b>26</b> WG Frosted Long John Fruit 100% Fruit Juice Milk Variety
	<b>29</b> WG Mini Donuts Fruit 100% Fruit Juice Milk Variety	<b>30</b> WG Fruit Strudel Fruit 100% Fruit Juice Milk Variety	<b>31</b> WG Egg & Cheese Biscuit Fruit 100% Fruit Juice Milk Variety		