

*ILCAP BREAKFAST MENU*  
*SEPTEMBER 2023*

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>"I can do all things through Him who strengthens me," (Philippians 4:13)</p>				<p><b>1</b> French Toast Sticks Sausage Milk/Juice</p>
<p><b>4</b> LABOR DAY NO SCHOOL</p>	<p><b>5</b> Mini Donuts Fruit Juice/Milk</p>	<p><b>6</b> Pop Tarts Fruit Milk/Juice</p>	<p><b>7</b> Bagels Cream Cheese Juice/Milk</p>	<p><b>8</b> French Toast Sticks Sausage Milk/Juice</p>
<p><b>11</b> Pancake and Sausage On A Stick Fruit Milk/Juice</p>	<p><b>12</b> Nutrigrain Bars Fruit Juice/Milk</p>	<p><b>13</b> Pop Tarts Fruit Milk/Juice</p>	<p><b>14</b> Cereal Fruit Juice/Milk</p>	<p><b>15</b> STATE LUTHERAN CONFERENCE  NO SCHOOL</p>
<p><b>18</b> Sausage Biscuit Fruit Milk/Juice</p>	<p><b>19</b> Mini Donuts Fruit Juice/Milk</p>	<p><b>20</b> Pop Tarts Fruit Milk/Juice</p>	<p><b>21</b> Bagels Cream Cheese Juice/Milk</p>	<p><b>22</b> French Toast Sticks Sausage Milk/Juice</p>
<p><b>26</b> Pancake Bites Sausage Links Milk/Juice</p>	<p><b>27</b> Nutrigrain Bars Fruit Juice/Milk</p>	<p><b>28</b> Pop Tarts Fruit Milk/Juice</p>	<p><b>29</b> Cereal Fruit Milk/Juice</p>	<p><b>30</b> French Toast Sticks Sausage Milk/Juice</p>