

ICES/IS Breakfast

October 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Week 1	Muffin Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Waffles Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Cinnamon Toast Bar Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Frudel Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Cinnamon Roll Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk
	9	10	11	12	13
Week 2	Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
	16	17	18	19	20
Week 3	PopTart Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Muffin Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Bagelful Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Pancakes Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Cinnamon Roll Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk
	23	24	25	26	27
Week 4	Muffin Cereal w/Cheese Stick or yogurt Fruit and/or Juice Milk	Waffles Cereal Bar w/Cheese Stick or yogurt Fruit and/or Juice Milk	Cinnamon Toast Bar Cereal w/Cheese Stick or yogurt Fruit and/or Juice Milk	Frudel Cereal Bar w/Cheese Stick or yogurt Fruit and/or Juice Milk	Cinnamon Roll Cereal w/Cheese Stick or yogurt Fruit and/or Juice Milk
	30	31			
Week 5	Cinni Mini Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Donut Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk			

Subject to change

This Institution is an Equal Opportunity Provider

