

ES/IS Breakfast Menu

October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Sep 28-Oct 2	Cereal w/yogurt	Muffin	Cereal Bar	Cinnamon Roll	Cereal w/yogurt
	Fruit/Juice	Fruit/Juice	Cheese Stick	Fruit/Juice	Fruit/Juice
	Milk	Milk	Fruit/Juice	Milk	Milk
			Milk		
Oct 5-9	Cereal w/yogurt	Muffin	Cereal Bar	Cinnamon Roll	Cereal w/yogurt
	Fruit/Juice	Fruit/Juice	Cheese Stick	Fruit/Juice	Fruit/Juice
	Milk	Milk	Fruit/Juice	Milk	Milk
			Milk		
Oct 12-16	Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
Oct 19-23	Muffin	Cereal	Cinnamon Roll	Cereal Bar	Bagelful
	Fruit/Juice	Yogurt	Fruit/Juice	Cheese Stick	Fruit/Juice
	Milk	Fruit/Juice	Milk	Fruit/Juice	Milk
		Milk		Milk	
Oct 26-30	Cinni Mini	Cereal	Muffin	Cereal Bar	French Toast
	Fruit/Juice	Yogurt	Fruit/Juice	Cheese Stick	Fruit/Juice
	Milk	Fruit/Juice	Milk	Fruit/Juice	Milk
		Milk		Milk	