

# ICMS/HS Breakfast

# November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
Week 1		Bacon Pocket Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Apple Frudel Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	S'more Bar Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Strawberry Stuffed Bagel Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk
	7	8	9	10	11
Week 2	Cinnamon Toast Bar Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	French Toast Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Vanilla Benefit Bar Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Sausage, Egg, Cheese Pocket Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Chicken Slider Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk
	14	15	16	17	18
Week 3	Waffle Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Cinni Mini Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Breakfast Pizza Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Benefit Bar Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Cinnamon Stuffed Bagel Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk
	21	22	23	24	25
Week 4	Cinnamon Roll Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Bacon Pocket Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
	28	29	30		
Week 5	Cinnamon Toast Bar Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	French Toast Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk	Vanilla Benefit Bar Muffin or Cereal Bar w/ Cheese Stick or yogurt Fruit and/or Juice Milk		

Subject to change

This Institution is an Equal Opportunity Provider