

ICES/IS Breakfast

November 2023

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|---|--|--|---|
| | | | 1 | 2 | 3 |
| Week 1 | | | 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 |
| | 6 | 7 | 8 | 9 | 10 |
| Week 2 | 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 | Bagelful Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk | French Toast Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk | Muffin Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk |
| | 13 | 14 | 15 | 16 | 17 |
| 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 |
| | 20 | 21 | 22 | 23 | 24 |
| 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 | THANKSGIVING Break | THANKSGIVING Break | THANKSGIVING Break |
| | 27 | 28 | 29 | 30 | |
| 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 | French Toast Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk | Bagelful Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk | |

Subject to change

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