

# ICMS/HS Breakfast

# October 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 1					Cinnamon Stuffed Bagel OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk
Oct 4-8	Cinnamon Roll OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	Egg, Cheese English Muffin OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	Apple Frudel OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	S'more Bar OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	Strawberry Stuffed Bagel OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk
Oct 11-15	FALL BREAK  NO SCHOOL	FALL BREAK  NO SCHOOL	FALL BREAK  NO SCHOOL	FALL BREAK  NO SCHOOL	FALL BREAK  NO SCHOOL
Oct 18-22	Cinnamon Toast Bar OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	French Toast OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	Cherry Frudel OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	Sausage Pancake OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	Chicken Slider OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk
Oct 25-29	Waffle OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	Cinni Mini OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	Pancakes OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	Benefit Bar OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk	Cinnamon Stuffed Bagel OR Muffin or Cereal Bar w/ Cheese Stick or Yogurt Fruit and/or Juice Milk
Subject to change					