

ICMS/HS Breakfast				October 2020	
	Monday	Tuesday	Wednesday	Thursday	Friday
Sep 28-Oct 2	Apple Frudel Meal OR	Cinnamon Roll Meal OR	Sausage Biscuit Meal OR	Chicken Slider Meal OR	Cinnamon Stuffed Bagel Meal
	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	OR Muffin or Cereal Bar w/
	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt
	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice
	Milk	Milk	Milk	Milk	Milk
Oct 5-9	Cinnamon Roll Meal OR	Benefit Bar Meal OR	Chicken Slider Meal OR	Sausage Biscuit Meal OR	Strawberry Stuffed Bagel Meal
	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	OR Muffin or Cereal Bar w/
	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt
	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice
	Milk	Milk	Milk	Milk	Milk
Oct 12-16					
	Fall	Fall	Fall	Fall	Fall
	Break	Break	Break	Break	Break
Oct 19-23	Chocolate Turnover Meal OR	French Toast Meal OR	Cherry Frudel Meal OR	Cinni Mini Meal OR	Cereal or Muffin or Cereal Bar w/
	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Cheese Stick or yogurt
	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt	Fruit or Juice
	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice	Milk
	Milk	Milk	Milk	Milk	
Oct 26-30	Apple Frudel Meal OR	Cinnamon Roll Meal OR	Sausage Biscuit Meal OR	Chicken Slider Meal OR	Cinnamon Stuffed Bagel Meal
	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	OR Muffin or Cereal Bar w/
	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt
	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice
	Milk	Milk	Milk	Milk	Milk