

ICES/IS Breakfast				January 2022	
	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 3-7		S' More Bar OR	Bagelful OR	French Toast OR	Muffin OR Cereal
	WINTER	Cereal Bar w/Cheese	Cereal w/Cheese Stick	Cereal Bar w/Cheese	Cheese Stick or Yogurt
		Stick or Yogurt	or Yogurt	Stick or Yogurt	Fruit/Juice
	BREAK	Fruit/Juice	Fruit/Juice	Fruit/Juice	Milk
		Milk	Milk	Milk	
Jan 10-14	Benefit Breakfast Bar	Muffin OR	Bagelful OR	Pancakes OR	Cinnamon Roll
	OR Cereal	Cereal Bar w/Cheese	Cereal w/Cheese Stick	OR Cereal Bar w/Cheese	OR Cereal w/Cheese
	Cheese Stick or Yogurt	Stick or Yogurt	or Yogurt	Stick or Yogurt	Stick or Yogurt
	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice
	Milk	Milk	Milk	Milk	Milk
Jan 17-21		Waffles OR	Cinnamon Toast Bar OR	Frudel	Cinnamon Roll
	MLK DAY	Cereal Bar w/Cheese	Cereal w/Cheese	OR Cereal Bar w/Cheese	OR Cereal w/Cheese
		Stick or Yogurt	Stick or Yogurt	Stick or Yogurt	Stick or Yogurt
	NO SCHOOL	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice
		Milk	Milk	Milk	Milk
Jan 24-28	Cinni Mini OR	S' More Bar OR	Bagelful OR	French Toast OR	Muffin OR Cereal
	Cereal w/Cheese Stick or	Cereal Bar w/Cheese	Cereal w/Cheese Stick	Cereal Bar w/Cheese	Cheese Stick or Yogurt
	Yogurt	Stick or Yogurt	or Yogurt	Stick or Yogurt	Fruit/Juice
	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice	Milk
	Milk	Milk	Milk	Milk	
Jan 31-Feb 4	Benefit Breakfast Bar	Muffin OR	Bagelful OR	Pancakes OR	Cinnamon Roll
	OR Cereal	Cereal Bar w/Cheese	Cereal w/Cheese Stick	OR Cereal Bar w/Cheese	OR Cereal w/Cheese
	Cheese Stick or Yogurt	Stick or Yogurt	or Yogurt	Stick or Yogurt	Stick or Yogurt
	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice
Subject to change	Milk	Milk	Milk	Milk	Milk