

# ICMS/HS Breakfast

## January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 3-7		French Toast OR	Cherry Frudel OR	Sausage Pancake OR	Chicken Slider OR
	<b>WINTER</b>	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt
	<b>BREAK</b>	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk
Jan 10-14	Waffle OR	Cinni Mini OR	Pancakes OR	Benefit Bar OR	Cinnamon Stuffed Bagel OR
	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt
	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk
Jan 17-21		Egg, Cheese English Muffin OR	Apple Frudel OR	S'more Bar OR	Strawberry Stuffed Bagel OR
	<b>MLK DAY</b>	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt
	<b>NO SCHOOL</b>	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk
Jan 24-28	Cinnamon Toast Bar OR	French Toast OR	Cherry Frudel OR	Sausage Pancake OR	Chicken Slider OR
	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt
	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk
Jan 31-Feb 4	Waffle OR	Cinni Mini OR	Pancakes OR	Benefit Bar OR	Cinnamon Stuffed Bagel OR
	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt	Muffin or Cereal Bar w/ Cheese Stick or Yogurt
	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk	Fruit and/or Juice Milk
<b>Subject to change</b>					