

# ICMS/HS BREAKFAST

## January 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 6-10	Chocolate Turnover Meal OR Muffin OR Cereal Bar w/ Cheese Stick OR Yogurt Fruit or Juice Milk	Cheese Omelet w/Toast & Jelly Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Apple Frudel Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Sausage Biscuit Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Cinni Mini Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk
Jan 13-17	Cinnamon Roll Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Biscuit & Gravy Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Chicken Slider Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Egg, Cheese Muffin Meal OR Muffin OR Cereal Bar w/Cheese Stick or yogurt Fruit or Juice Milk	Mini Strawberry Stuffed Bagel Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk
Jan 20-24	<b>Martin Luther King Day</b>  <b>No School</b>	French Toast Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Cherry Frudel Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Sausage Biscuit Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk
Jan 27-31	Cinnamon Roll Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Biscuit & Gravy Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Chicken Slider Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Benefit Bar Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk	Mini Cinnamon Stuffed Bagel Meal OR Muffin OR Cereal Bar w/ Cheese Stick or yogurt Fruit or Juice Milk