ICMS/HS BREAKFAST				January 2020	
	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 6-10	Chocolate Turnover Meal	Cheese Omelet w/Toast &	Apple Frudel Meal OR	Sausage Biscuit Meal OR	Cinni Mini Meal OR
	OR	Jelly Meal 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			
Jan 13-17	Cinnamon Roll Meal OR	Biscuit & Gravy Meal OR	Chicken Slider Meal OR	Egg, Cheese Muffin Meal	Mini Strawberry
	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	OR Muffin OR Cereal Bar	Stuffed Bagel Meal OR
	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt	w/Cheese Stick or yogurt	Muffin OR Cereal Bar w/
	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice	Cheese Stick or yogurt
	Milk	Milk	Milk	Milk	Fruit or Juice
					Milk
Jan 20-24		French Toast Meal OR	Cherry Frudel Meal OR	Sausage Biscuit Meal OR	Muffin OR
	Martin Luther King Day	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Cereal Bar w/
		Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt	Cheese Stick or yogurt
	No School	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice
		Milk	Milk	Milk	Milk
Jan 27-31	Cinnamon Roll Meal OR	Biscuit & Gravy Meal OR	Chicken Slider Meal OR	Benefit Bar Meal OR	Mini Cinnamon Stuffed
Jan 27-31		•			
	Muffin OR Cereal Bar w/	Bagel Meal OR			
	Cheese Stick or yogurt	Muffin OR Cereal Bar w/			
	Fruit or Juice	Fruit or Juice	Fruit or Juice	Fruit or Juice	Cheese Stick or yogurt
	Milk	Milk	Milk	Milk	Fruit or Juice
					Milk