

ICES/IS Breakfast				November 2021	
	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 1-5	Muffin OR Cereal	Waffles OR	Cinnamon Toast Bar OR	Frudel	Cinnamon Roll
	Cheese Stick or Yogurt	Cereal Bar w/Cheese	Cereal w/Cheese	OR Cereal Bar w/Cheese	OR Cereal w/Cheese
	Fruit/Juice	Stick or Yogurt	Stick or Yogurt	Stick or Yogurt	Stick or Yogurt
	Milk	Fruit/Juice	Fruit/Juice	Fruit/Juice	Fruit/Juice
		Milk	Milk	Milk	Milk
Nov 8-12	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	
Nov 15-19	Benefit Breakfast Bar	Muffin OR	Bagelful OR	Pancakes OR	Cinnamon Roll
	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
Nov 22-26	Muffin OR Cereal	Waffles OR			
	Cheese Stick or Yogurt	Cereal Bar w/Cheese	THANKSGIVING	THANKSGIVING	THANKSGIVING
	Fruit/Juice	Stick or Yogurt			
	Milk	Fruit/Juice	BREAK	BREAK	BREAK
		Milk			
Nov 29-Dec 3	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
Subject to change	Milk	Milk	Milk	Milk	