ICMS/	HS BREAKFA	ST	October 2019		
	Monday	Tuesday	Wednesday	Thursday	Friday
Sep 30-Oct 4	Sausage Breakfast Pizza	French Toast Meal OR	Cherry Frudel Meal OR	Sausage Biscuit Meal OR	Muffin OR
	Meal OR	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	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				
Oct 7-11	Cinnamon Roll Meal OR	Biscuit & Gravy Meal OR	Chicken Slider Meal OR	Benefit Bar Meal OR	Mini Cinnamon Stuffed
	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
Oct 14-18					
	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK
Oct 21-25	Chocolate Turnover Meal	Cheese Omelet Meal with	Apple Frudel Meal OR	Sausage Biscuit Meal OR	Cinni Mini Meal OR
	OR Muffin	Toast w/Jelly OR	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/	Muffin OR Cereal Bar w/
	OR Cereal Bar w/Cheese	Muffin OR Cereal Bar w/	Cheese Stick or Yogurt	Cheese Stick or Yogurt	Cheese Stick or Yogurt
	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			
Oct 28-Nov 1	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