

ICMS/HS BREAKFAST

October 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Sep 30-Oct 4	Sausage Breakfast Pizza Meal OR Muffin OR Cereal Bar w/ Cheese Stick OR Yogurt Fruit or Juice Milk	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
Oct 7-11	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
Oct 14-18	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK
Oct 21-25	Chocolate Turnover Meal OR Muffin OR Cereal Bar w/Cheese Stick OR Yogurt Fruit or Juice Milk	Cheese Omelet Meal with Toast w/Jelly 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
Oct 28-Nov 1	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