

ICES/IS Breakfast

Sept. 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
Week 1				Apple Frudel Cherry Frudel Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Cinnamon Roll Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk
	5	6	7	8	9
Week 2	No School Labor Day	Whole Wheat Donut Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Frudel Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	French Toast Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Muffin Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk
	12	13	14	15	16
Week 3	Benefit Breakfast Bar Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Muffin Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Frudel Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Pancakes Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Cinnamon Roll Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk
	19	20	21	22	23
Week 4	Muffin Cereal w/Cheese Stick or yogurt Fruit and/or Juice Milk	Waffles Cereal Bar w/Cheese Stick or yogurt Fruit and/or Juice Milk	Cinnamon Toast Bar Cereal w/Cheese Stick or yogurt Fruit and/or Juice Milk	Apple or Cherry Frudel Cereal Bar w/Cheese Stick or yogurt Fruit and/or Juice Milk	Cinnamon Roll Cereal w/Cheese Stick or yogurt Fruit and/or Juice Milk
	26	27	28	29	30
Week 5	Cinni Mini Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Whole Wheat Donut Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Frudel Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	French Toast Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Muffin Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk

Subject to change

This Institution is an Equal Opportunity Provider