

ICES/IS Breakfast

November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
Week 1		S' More Bar Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Cinnamon Bagelful 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
	7	8	9	10	11
Week 2	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 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
	14	15	16	17	18
Week 3	Cinni Mini Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	S' More Bar Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Cinnamon Bagelful 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
	21	22	23	24	25
Week 4	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	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break
	28	29	30		
Week 5	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		

Subject to change

This Institution is an Equal Opportunity Provider