

ICES/IS Breakfast

October 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
Week 1		French Toast Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Donut Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Muffin Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Poptart Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk
	7	8	9	10	11
Week 2	No School Fall Break	No School Fall Break	No School Fall Break	No School Fall Break	No School Fall Break
	14	15	16	17	18
Week 3	Cinni Mini Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Pancakes Cereal Bar w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Donut 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
	21	22	23	24	25
Week 4	Cinnamon Toast bar Cereal w/Cheese Stick or yogurt Fruit and/or Juice Milk	Waffles Cereal Bar w/Cheese Stick or yogurt Fruit and/or Juice Milk	Donut Cereal w/Cheese Stick or yogurt Fruit and/or Juice Milk	Muffin Cereal Bar w/Cheese Stick or yogurt Fruit and/or Juice Milk	Overnight Oats Cereal w/Cheese Stick or yogurt Fruit and/or Juice Milk
	28	29	30	31	
Week 5	Cinnamon Roll Cereal w/Cheese Stick or Yogurt Fruit and/or Juice Milk	Breakfast Sandwich Cereal Bar w/Cheese Stick or yogurt Fruit and/or Juice Milk	Donut Cereal w/Cheese Stick or yogurt Fruit and/or Juice Milk	Muffin Cereal Bar w/Cheese Stick or yogurt Fruit and/or Juice Milk	

Subject to change

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