

# ISLAND HEIGHTS GRADE SCHOOL

## BREAKFAST MENU - JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Winter Break School Closed  Happy 2023	3 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	4 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	5 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	6 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker
9 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	10 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	11 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	12 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	13 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker
16 School Closed In Observance Of MLK	17 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	18 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	19 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	20 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker
23 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	24 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	25 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	26 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	27 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker
30 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	31 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	February 1 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	2 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker	3 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker

### "I'll eat Breakfast, and then change the World"

\*\*EVERYDAY" Cereal Choices; Honey Nut Cheerios, Cinnamon Toast Crunch, Cocoa Puffs, Golden Grahams  
\*\*EVERYDAY" Whole Grain Reduced Fat Muffin Choices; Banana, Blueberry, Chocolate Chip, Apple

\*A full student breakfast includes a choice of entrée supplying grains or grain and protein,  
One (1) Fresh Fruit Or canned fruit, and choice of milk.

**Milk choices include Skim White, 1% white and skim chocolate.**  
**Breakfast: \$2.50**

**"This institution is an equal opportunity provider"**