


ISLAND HEIGHTS GRADE SCHOOL

NOVEMBER 2022, BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
October 31 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	November 1 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	2 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	3 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	4 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk
7 Fall Break School Closed	8 Fall Break School Closed 	9 Fall Break School Closed	10 NJEA Convention School Closed	11 NJEA Convention School Closed
14 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	15 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	16 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	17 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	18 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk
21 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	22 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	23 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	24 Thanksgiving Recess School Closed 	25 Thanksgiving Recess School Closed
28 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	29 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	30 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	December 1 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	2 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk

****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.

Price: \$2.25

“This institution is an equal opportunity provider”