

ISLAND HEIGHTS GRADE SCHOOL

BREAKFAST MENU - DECEMBER 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| November 28 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker | 29 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 | December 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 |
| 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 | 7 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker | 8 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 |
| 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 | 14 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker | 15 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker | 16 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 | 21 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker | 22 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker | HALF DAY 23 Assorted WG Muffins Or Assorted Cereals Bowl, Assorted 100% Fruit Juice, or Fresh Fruit 3ct Graham Cracker |
| January 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 | 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 |

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

****DECEMBER 24th - JANUARY 2nd School Closed for Winter Recess****

****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 Price: \$2.25

"This institution is an equal opportunity provider"