


ISLAND HEIGHTS GRADE SCHOOL

OCTOBER 2022, BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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	5 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	6 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	7 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk
10 Columbus Day School Closed 	11 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	12 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	13 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	14 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	19 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	20 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
24 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	25 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	26 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	27 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	28 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk
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

****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: \$2.50

“This institution is an equal opportunity provider”