Sea Devils

ISLAND HEIGHTS GRADE SCHOOL - BREAKFAST MENU NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Fall Break** **School Closed**	3 **Fall Break** **School Closed**	4 **Fall Break** **School Closed**	5 **NJEA Convention** **School Closed**	6 **NJEA Convention** **School Closed**
9 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	10 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	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
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	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
23 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 **Thanksgiving Day** **School** **Closed**	27 **Thanksgiving Recess** **School Closed**
30 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.

Breakfast Price: $3.00

"This institution is an equal opportunity provider"