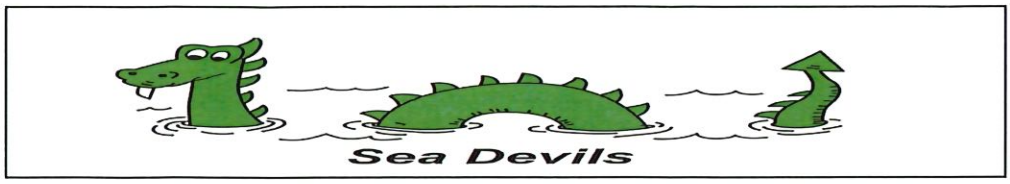

ISLAND HEIGHTS GRADE SCHOOL - BREAKFAST MENU PRE-K AND REGULAR SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day	1 Welcome Back Students and Staff!!!!	2 Early Dismissal No Lunches Served	3 Early Dismissal No Lunches Served	4 Early Dismissal No Lunches Served
7 Labor Day School Closed	8 Assorted Whole Grain Muffins Or Assorted Cereal Bowl, Chilled Fruit Choice, 3ct Graham Cracker Choice of Milk	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
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 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
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		

**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"