

# November 2022

## ICS Breakfast Menu

	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>
	<b>Choice of Entree</b> French Toast BeneFIT Bar Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Apple Slices Apple Juice	<b>Choice of Entree</b> Fresh Baked Banana Muffin Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Fresh Apple Apple Slices Apple Juice	<b>Choice of Entree</b> Turkey Sausage Biscuit Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Fresh Pear Apple Juice Apple Slices	<b>Choice of Entree</b> Powder Donut Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Apple Slices Orange Juice
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>
<b>Choice of Entree</b> Cinnamon Toast Crunch Cereal Bar Soft Oatmeal Apple Bar <i>With</i> Cinnamon Elf Graham Cracker Cinnamon Teddy Grahams <b>Choice of Fruit</b> Fresh Apple Apple Slices Orange Juice	<b>Choice of Entree</b> Country Breakfast Bowl w/ Biscuit Soft Oatmeal Apple Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Orange Juice Apple Slices	<b>Choice of Entree</b> Honey Wheat Bagel Soft Oatmeal Apple Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Fresh Apple Apple Slices Orange Juice	<b>Choice of Entree</b> Egg & Cheese Panwich Soft Oatmeal Apple Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Craisins Orange Apple Slices Orange Juice	Veteran's Day
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Choice of Entree</b> Waffles Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Baked Apples Fruit Punch Apple Slices	<b>Choice of Entree</b> Trix Bowlpack Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Apple Juice Grapes Apple Slices Honey Graham Crackers	<b>Choice of Entree</b> Monte Cristo Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Fresh Apple Apple Slices Apple Juice	<b>Choice of Entree</b> Fresh Baked Cranberry Orange Muffin <i>With</i> Cherry Vanilla Yogurt <i>Or</i> Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Banana Orange Juice Apple Slices	<b>Choice of Entree</b> Berry Blend Oatmeal Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Apple Slices Apple Juice
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Choice of Entree</b> French Toast Sticks Soft Oatmeal Apple Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Fresh Apple Apple Juice Apple Slices	<b>Choice of Entree</b> Homestyle Tater Tot Bowl w/ Toast Soft Oatmeal Apple Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Orange Apple Juice Apple Slices	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
<b>28</b>	<b>29</b>	<b>30</b>		
<b>Choice of Entree</b> Turkey Bacon, Egg & Cheese English Muffin Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Banana Orange Juice Apple Slices	<b>Choice of Entree</b> French Toast BeneFIT Bar Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Apple Slices Apple Juice	<b>Choice of Entree</b> Fresh Baked Banana Muffin Soft Oatmeal Strawberry Bar <i>With</i> Cinnamon Teddy Grahams <b>Choice of Fruit</b> Fresh Apple Apple Slices Apple Juice		

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Menus may change, however all changes will be in compliance with your program guidelines and requirements.

Each meal comes with the choice of 1% white milk or skim chocolate milk

Daily Vegetarian lunches are available upon request and the Daily signup sheet is located in our cafeteria. The menu remains the same each week.

Monday: Grilled Cheese Sandwich , Tuesday: Veggie Burger, Wednesday: Scooby Snack Pack, Thursday: Veggie-Burger, Friday: Pizza

This institution is an equal opportunity provider.

Food supply chain issues and shortages are happening nationwide. We will do our best to provide the posted menu but due to the unavailability of items the menus will be subject to change. We thank you for your patience through this process.

[USDA Non Discrimination Statement](#)

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