







# Independence Charter School Breakfast, January 2023



No data found				
Mon	Tue	Wed	Thu	Fri
02	03	04	05	06
Closed	<b>Bacon, Egg and Cheese Breakfast Sandwich</b> <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>100% Apple Juice</i> <i>Organic Applesauce</i> <b>Fresh Banana</b> <b>100% Orange Juice</b>	<b>Cherry Strudel</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <b>Strawberry &amp; Banana Yogurt Cup</b> <b>Raisins</b> <b>100% Apple Juice</b>	<b>Apple Cinnamon Muffin</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <i>100% Apple Juice</i> <b>Non Fat Greek Berry Yogurt</b> <b>Fresh Banana</b> <b>100% Orange Juice</b>	<b>Oatmeal</b> ✓ 🍌 <b>Very Berry Smoothie</b> ✓ 🍌 🍌 <b>Strawberry Nutri-Grain Bar</b> ✓ <i>100% Apple Juice</i> <i>Organic Applesauce</i> <i>Cinnamon Graham Crackers</i> <b>Fresh Apple</b>
09	10	11	12	13
<b>Whole Grain French Toast Slices</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <i>100% Apple Juice</i> <b>Sliced Peaches</b> <b>100% Orange Juice</b>	<b>Bacon, Egg and Cheese Corn Muffin Bowl</b> <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <i>100% Apple Juice</i> <b>Crispy Potato Puffs</b> <b>100% Fruit Punch Juice</b>	<b>Whole Grain Bagel with Cream Cheese</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>100% Apple Juice</i> <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <b>Fresh Apple</b>	<b>Fluffy Whole Grain Waffles</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <i>100% Apple Juice</i> <b>Fresh Banana</b> <b>100% Orange Juice</b>	<b>Cinnamon &amp; Sugar Stuffed Bread Sticks</b> ✓ 🍌 <b>Strawberry Nutri-Grain Bar</b> ✓ <i>100% Apple Juice</i> <i>Organic Applesauce</i> <i>Cinnamon Graham Crackers</i> <b>Fresh Apple</b>
16	17	18	19	20
Closed	<b>Soft Filled Cinnamon Toast Crunch Bar</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <b>Strawberry &amp; Banana Yogurt Cup</b> <b>Raisins</b> <b>100% Apple Juice</b>	<b>WG Banana Muffin</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <i>100% Apple Juice</i> <b>Fresh Apple</b>	<b>Sausage, Egg and Cheese Sandwich</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Organic Applesauce</i> <i>Cinnamon Graham Crackers</i> <i>100% Apple Juice</i> <b>Fresh Pear</b> <b>100% Fruit Punch Juice</b>	<b>Apple Strudel</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <b>100% Apple Juice</b> <b>Strawberry &amp; Banana Yogurt Cup</b> <b>Raisins</b>
23	24	25	26	27
<b>Cinnamon Toast Crunch Cereal Bar</b> <b>Strawberry Nutri-Grain Bar</b> ✓ <i>100% Apple Juice</i> <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <b>String Cheese</b> <b>Fresh Apple</b>	<b>Bacon, Egg and Cheese Wrap</b> <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>100% Apple Juice</i> <i>Organic Applesauce</i> <b>Crispy Potato Puffs</b> <b>100% Apple Grape Juice</b>	<b>Plain Mini Bagel</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <b>Fresh Orange</b> <b>100% Apple Juice</b> <b>Cream Cheese</b>	<b>Egg and Cheese Sandwich</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Organic Applesauce</i> <i>100% Apple Juice</i> <i>Cinnamon Graham Crackers</i> <b>Fresh Apple</b>	<b>Apple Cinnamon Muffin</b> ✓ <b>Strawberry Nutri-Grain Bar</b> ✓ <i>Cinnamon Graham Crackers</i> <i>100% Apple Juice</i> <i>Organic Applesauce</i> <b>Non Fat Greek Berry Yogurt</b> <b>Fresh Banana</b> <b>100% Orange Juice</b>

Mon	30	Tue	31		
<b>Cinnamon &amp; Sugar Stuffed Bread Sticks</b>   <b>Strawberry Nutri-Grain Bar</b>  <i>100% Apple Juice</i> <i>Cinnamon Graham Crackers</i> <i>Organic Applesauce</i> <b>Fresh Apple</b>	<b>Bacon, Egg and Cheese Breakfast Sandwich</b> <b>Strawberry Nutri-Grain Bar</b>  <i>100% Apple Juice</i> <i>Organic Applesauce</i> <i>Cinnamon Graham Crackers</i> <b>Fresh Banana</b> <b>100% Orange Juice</b>	No data found	No data found	No data found	No data found

\* Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This institution is an equal opportunity provider.