

Ironton City Schools

Breakfast Menu: Grades 6- 8

(Menu Subject to Change)

NOVEMBER 2019



No Fried Foods
Bread Products -
Whole Grain
Chocolate Milk
Fat Free
White Milk - 1%

Prices:
 Adult Breakfast - \$2.00
 Student Breakfast - Free
 Time - 8am to 8:30am
 USDA is an equal
 opportunity provider
 and employer.

Cereal 1 oz
 offered daily in
 place of entree~
 fresh fruit
 offered daily

1
 Biscuit 2.25 OZ
 /wGravy 4 OZ
 Applesauce 4 OZ
 Juice 4 OZ
 Milk 8 OZ

4
 Muffin 2.6 oz
 Applesauce 4 oz
 Juice 4 oz
 Milk 8 oz

5
 Bagel 2 oz
 Cream Cheese 2 oz
 Applesauce 4 oz
 Juice 4oz
 Milk 8 oz

6
 Mini Pancakes 2 oz
 Maple Syrup 2 oz
 Applesauce 4 oz
 Juice 4 oz
 Milk 8 oz

7
 Bosco Breakfast
 Stick 2 oz
 Applesauce 4 oz
 Juice 4 oz
 Milk 8 oz

8
 Biscuit 2.25
 w/ Gravy 4 oz
 Applesauce 4 oz
 Juice 4 oz
 Milk 8 oz

11
 Mini Donuts 3 oz
 Applesauce 4 oz
 Juice 4 oz
 Milk 8 oz

12
 Sausage, Egg, and
 Cheese Biscuit 4 oz
 Applesauce 4 oz
 Juice 4 oz
 Milk 8 oz

13
 Super Donut 3 oz
 Applesauce 4 oz
 Juice 4 oz
 Milk 8 oz

14
 Breakfast on a Stick 3
 oz
 Maple Syrup 2 oz
 Applesauce 4oz
 Juice 4 oz
 Milk 8 oz

15
 Biscuit 2.25
 w/ Gravy 4 OZ
 Applesauce 4 OZ
 Juice 4 OZ
 Milk 8 OZ

18
 Cinnamon Toast
 Crunch Bar 3 oz
 Applesauce 4 oz
 Juice 4 oz
 Milk 8 oz

19
 French Toast 3 oz
 w/ Maple Syrup 2 oz
 Applesauce 4 oz
 Juice 4 oz
 Milk 8 oz

20
 Super Bun 2.6 oz
 Applesauce 4 oz
 Juice 4oz
 Milk 8 oz

21
 Pop Tarts 3.5 oz
 Applesauce 4 oz
 Juice 4 oz
 Milk 8 oz

22
 Biscuit 2.25 OZ
 w/ Gravy 4 OZ
 Applesauce 4 OZ
 Juice 4 OZ
 Milk 8 OZ

25
 Cook's Choice

26
 Cook's Choice

27

28
 No school
 Thanksgiving break

29

Happy Thanksgiving From the Cafeteria