

BRAKFAST TIME 8:00AM –8:30AM **IRONTON CITY SCHOOLS**
 SERVED IN SCHOOL CAFETERIA **BREAKFAST MENU 6– 8**
 (menu subject to change)

Student Lunch: \$0.00
 Student Breakfast: \$0.00
 Staff Lunch: \$3.75
 Staff Breakfast: \$2.00

OCTOBER 2019

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>ALL BREAD PRODUCTS ARE WHOLE WHEAT CHOCOLATE MILK-FAT FREE WHITE MILK- 1% CEREAL (1 OZ) OFFERED DAILY IN PLACE OF ENTRÉE` APPLE AND ORANGES OFFERED DAILY</p>	<p>1. BREAKFAST ON A STICK 2.6 OZ MAPLE SYRUP 2 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>2. SUPER BUN 2.6 OZ APPLESAUSE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>3.BREAKFAST PIZZA 2.6 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>4.BISCUIT 2.25 OZ SAUSAGE GRAVY 4 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>
<p>7. POPTART 3.5OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>8. SAUSASGE 1 OZ EGG 1 OZ CHEESE 1 OZ BISCUIT 2.25 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>9. MINI DONUTS 3 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>10. BREAKFAST TACO 3 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>11. BISCUIT 2.25 OZ SAUSAGE GRAVY 4 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>
<p>14. MINI PANCAKES 2 OZ MAPLE SYRUP 2 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>15. FRENCH TOAST 3 OZ MAPLE SYRUP 2 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>16. MUFFIN 2.6 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>17. BAGEL AND CREAM CHEESE 3 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>18. BISCUIT 2.25 OZ SAUSAGE GRAVY 4 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>
<p>21. CINNAMON SWIRL 2.6 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 4 OZ</p>	<p>22. BREAKFAST ON A STICK 2.6 OZ MAPLE SYRUP 2 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>23. SUPER DONUT 3 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>24.CINNAMON ROLL 2.6 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>25. BISCUIT 2.25 OZ SAUSAGE GRAVY 4 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>
<p>28. CHICKEN SAUSAGE 1 OZ BISCUIT 2.25 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>29. POPTART 3.5 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>30. SUPER BUN 2.6 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>31. CINNI MINI 2.6 OZ APPLESAUCE 4 OZ JUICE 4 OZ MILK 8 OZ</p>	<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>