



IRONTON CITY SCHOOLS 9—12 BREAKFAST MENU

(MENU SUBJECT TO CHANGE)



NOVEMBER 2018

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
NO FRIED FOODS BREAD PRODUCTS ARE WHOLE WHEAT OR GRAIN FAT FREE OR 1% MILK	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER		1 NUTRITION BAR FRUIT JUICE MILK	2 BISCUIT/GRAVY FRUIT JUICE MILK
5 CEREAL FRUIT JUICE MILK	6 NO SCHOOL	7 NUTRITION BAR FRUIT JUICE MILK	8 BLUEBERRY WAFFLE FRUIT JUICE MILK	9 BISCUIT/GRAVY FRUIT JUICE MILK
12 BLUEBERRY MUFFINS FRUIT JUICE MILK	13 CEREAL FRUIT JUICE MILK	14 POPARTS FRUIT JUICE MILK	15 BREAKFAST ON A STICK FRUIT JUICE MILK	16 BISCUIT/GRAVY FRUIT JUICE MILK
19 SAUSAGE/EGG/CHEESE SLIDER FRUIT JUICE MILK	20 SUPER DONUT FRUIT JUICE MILK	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
26 NO SCHOOL	27 CEREAL FRUIT JUICE MILK	28 FRENCH TOAST STICKS FRUIT JUICE MILK	29 BAGEL/CREAM CHEESE FRUIT JUICE MILK	30 BISCUIT/GRAVY FRUIT JUICE MILK