

IAE Breakfast Menu



August 2018

BREAKFAST

AUGUST MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
13th-17th			Egg, & Cheese on an Bagel ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Mini Cinnamon Rolls ✓ Fruit Smoothie ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Breakfast Burrito Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓
20th-24th	French Toast ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Strawberries Stuffed Mini Bagels ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Cheesy Scrambled Eggs and Toast ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Egg and Cheese on a Bagel ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	No School
27th-31st	Sausage English Muffin Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Breakfast Pizza Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Biscuit with Jam ✓ Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	Bacon and Egg English Muffin Fruit Parfait ✓ Cereal/Cereal Bars ✓ Muffins/Pop-tarts ✓	No School

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 1 oz eq grain, 1 cup fruit, and 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a ✓ are vegetarian! Nutritional Information is available upon request.