



# Breakfast

September  
2020

## CICS-GRAB & GO IN SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>1</b> Cheerios & Whole Orange	<b>2</b> Bagel w/ Jelly & Banana	<b>3</b> Oatmeal Raisin Benefit Bar & Apple	<b>4</b> Yogurt Cup w/ Belly Bears Strawberry Craisins Orange	<p><b>Special News...</b></p> <p><b>JOIN US FOR BREAKFAST!</b></p> <p>Breakfast available every day for ALL students at #NO charge -CURBSIDE- OR -IN SCHOOL-</p> <p><b>For Curbside...</b></p> <p><u>Mondays:</u> 11am-1pm 2 days of meals</p> <p><u>Wednesdays:</u> 11am-1pm 3 days of meals</p> <p><small>Menus are subject to change without notice.</small></p>
<b>7</b>	<b>8</b> Butterscotch Bar & Apple	<b>9</b> Cinnamon Poptart & Pear	<b>10</b> Golden Grahams & Craisins	<b>11</b> Apple Cinnamon Cheerios & Banana	
<b>14</b> Blueberry NutriGrain Bar & Applesauce	<b>15</b> Cheerios & Fruit Juice	<b>16</b> Strawberry Poptart & Orange	<b>17</b> Oatmeal Raisin Benefit Bar & Grape Juice	<b>18</b> Blueberry Muffin & Apple Juice	
<b>21</b> French Toast Benefit Bar & Applesauce	<b>22</b> Butterscotch Bar & Grapes	<b>23</b> Cinnamon Poptart & Apple Juice	<b>24</b> Golden Grahams & Banana	<b>25</b> Apple Cinnamon Cheerios & Fruit Juice	
<b>28</b> Blueberry NutriGrain Bar & Fruit Juice	<b>29</b> Cheerios & Oranges	<b>30</b> Bagel w/ Jelly & Banana	<b>31</b> Oatmeal Raisin Benefit Bar & Apple		

All menu items do NOT contain pork, all Bread items served are WHOLE GRAIN.



### What makes a Breakfast Meal?

Entree + Fruit  
Milk (optional)

View nutrition and allergy info at: [cics.schooldish.com](http://cics.schooldish.com)



Healthy for Life™ Meals

This institution is an equal opportunity provider.