

INDIAN RIVER SCHOOL DISTRICT January 2010 Breakfast Menu



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Items Offered Daily

Assorted cereal and graham crackers
Fruity Cheerios cereal bar & graham crackers
Yogurt & graham crackers

*Menu subject to change
without notice.*



School breakfast provides a nutritious morning meal that meets one-fourth of children's daily needs for calories and key nutrients including calcium.



Monday	Tuesday	Wednesday	Thursday	Friday
4 Piggle stick Syrup Fruit or juice Low fat milk	5 Breakfast hot pocket Fruit or juice Low fat milk	6 Breakfast burrito Fruit or juice Low fat milk	7 Egg patty / scrambled egg Hash browns Whole wheat toast Fruit or juice Low fat milk	8 Breakfast pizza Fruit or juice Low fat milk
11 Cinnamon roll Fruit or juice Low fat milk	12 Pancakes Syrup Fruit or juice Low fat milk	13 Sausage biscuit Fruit or juice Low fat milk	14 Waffle sticks Syrup Fruit or juice Low fat milk	15 Breakfast pizza Fruit or juice Low fat milk
18 NO SCHOOL Martin Luther King Day	19 French toast sticks Syrup Fruit or juice Low fat milk	20 Breakfast burrito Fruit or juice Low fat milk	21 Egg patty / scrambled egg Hash browns Whole wheat toast Fruit or juice Low fat milk	22 Breakfast pizza Fruit or juice Low fat milk
25 Orange dream muffin Fruit or juice Low fat milk	26 Breakfast hot pocket Fruit or juice Low fat milk	27 Sausage biscuit Fruit or juice Low fat milk	28 Blueberry muffin Fruit or juice Low fat milk	29 Breakfast pizza Fruit or juice Low fat milk