

School Year 2022 – 2023 BIC Monthly Breakfast Menus

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
8 Mini Cinnis Fruit Choice 100% Juice Choice Milk Choice	9 Cereal Bar Cheese Stick Fruit Choice 100% Juice Choice Milk Choice	10 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice	11 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	12 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
15 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	16 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	17 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	18 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	19 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
22 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	23 SF Cinn. Toast Crunch Bar Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	24 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	25 IW. Cheese Croissant Fruit Choice 100% Juice Choice Milk Choice	26 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
29 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	30 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	31 Mini Waffles, IW Fruit Choice 100% Juice Choice Milk Choice		

All menus are subject to change due to food shortages. Many foods that are regularly purchased are not available at this time and substitute items may be served in place of unavailable items. Your patience and understanding is appreciated. Check your student's school website or with cafeteria manager weekly to receive update menus. This institution is an equal opportunity provider.

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September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	2 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
5 Labor Day - Holiday	6 Cereal Bar Cheese Stick Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	7 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	8 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	9 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
12 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	13 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	14 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	15 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	16 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
19 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	20 SF Cinn. Toast Crunch Bar Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	21 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	22 IW. Cheese Croissant Fruit Choice 100% Juice Choice Milk Choice	23 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
26 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	27 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	28 Mini Waffles, IW Fruit Choice 100% Juice Choice Milk Choice	29 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	30 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl

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October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini Cinnis Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	4 Cereal Bar Cheese Stick Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	5 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	6 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	7 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
10 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	11 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	12 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	13 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	14 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
17 Fall Break – Holiday	18 No Students – Inservice: all employees work	19 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	20 SF Cinn. Toast Crunch Bar Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	21 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast
24 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	25 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	26 Mini Waffles, IW Fruit Choice 100% Juice Choice Milk Choice	27 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	28 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
31 Mini Cinnis Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl				

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November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal Bar Cheese Stick Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	2 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	3 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	4 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
7 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	8 Election Day – No School	9 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	10 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	11 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
14 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	15 SF Cinn. Toast Crunch Bar Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	16 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	17 IW. Cheese Croissant Fruit Choice 100% Juice Choice Milk Choice	18 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
Thanksgiving Holiday November 21 – 25				
28 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	29 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	30 Mini Waffles, IW Fruit Choice 100% Juice Choice Milk Choice		

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December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	2 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
5 Mini Cinnis Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	6 Cereal Bar Cheese Stick Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	7 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	8 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	9 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
12 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	13 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	14 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	15 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	16 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
Winter/Christmas Break December 19 – 30				

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January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Winter Break	3 Mini Cinnis Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	4 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	5 SF Cinn. Toast Crunch Bar Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	6 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast
9 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	10 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	11 Mini Waffles, IW Fruit Choice 100% Juice Choice Milk Choice	12 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	13 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
16 Martin Luther King, Jr Holiday	17 Mini Cinnis Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	18 Cereal Bar Cheese Stick Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	20 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	21 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice
23 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	24 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	25 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	26 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	27 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
30 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	31 SF Cinn. Toast Crunch Bar Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit			

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February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	2 IW. Cheese Croissant Fruit Choice 100% Juice Choice Milk Choice	3 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
6 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	7 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	8 Mini Waffles, IW Fruit Choice 100% Juice Choice Milk Choice	9 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	10 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
13 Mini Cinnis Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	14 Cereal Bar Cheese Stick Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	15 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	16 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	17 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
20 Lundi Gras Holiday	21 Mardi Gras Holiday	22 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	23 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	24 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
27 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	28 SF Cinn. Toast Crunch Bar Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit			

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March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	2 IW. Cheese Croissant Fruit Choice 100% Juice Choice Milk Choice	3 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
6 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	7 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	8 Mini Waffles, IW Fruit Choice 100% Juice Choice Milk Choice	9 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	10 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
13 Mini Cinnis Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	14 Cereal Bar Cheese Stick Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	15 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	16 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	17 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
20 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	21 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	22 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	23 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	24 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
27 Donuts Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	28 SF Cinn. Toast Crunch Bar Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	29 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	30 IW. Cheese Croissant Fruit Choice 100% Juice Choice Milk Choice	31 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice

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April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	4 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	5 Mini Waffles, IW Fruit Choice 100% Juice Choice Milk Choice	6 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	7 Good Friday Holiday
Spring Break April 7 – 14				
13 Mini Cinnis Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	14 Cereal Bar Cheese Stick Fruit Choice 100% Juice Choice Milk Choice	15 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	16 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice	17 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
24 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	25 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	26 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	27 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	28 Pop Tart Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl

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May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	2 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	3 Mini Waffles, IW Fruit Choice 100% Juice Choice Milk Choice	4 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	5 Mini Bagel Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl
8 Mini Cinnis Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	9 Cereal Bar Cheese Stick Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	10 Muffin Choice Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	11 Biscuit Breakfast Sausage Patty Fruit Choice 100% Juice Choice Milk Choice Head Start- Biscuit	12 Breakfast Pizza Fruit Choice 100% Juice Choice Milk Choice
15 Pancake on a Stick Fruit Choice 100% Juice Choice Milk Choice Head Start – Cheese Toast	16 Cereal Fruit Choice 100% Juice Choice Milk Choice Head Start- Cereal 1 oz. bowl	17 Mini Pancakes, IW Fruit Choice 100% Juice Choice Milk Choice	18 Graham Crackers Cheese Cubes Fruit Choice 100% Juice Choice Milk Choice	19 Manager Choice
22 Manager Choice				

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