



IUSD NUTRITION SERVICES BREAKFAST MENU

MIDDLE and HIGH SCHOOLS



School Breakfast - Ready, Set, Go!
National School Breakfast Week
March 8-12, 2010



ENTRÉE:

(Choose 1)

BAGEL (All Flavors)
with Jelly or Cream Cheese

or

Cinnamon Roll

or

Cheese Roll

or

Assorted Cereal with
String cheese or Sunflower Nuts or Crackers

SIDE

(Choose 1)

Assorted Fruit Juice
Choice of Fresh Fruit
Assorted Canned Fruit

AND

MILK

½ pt



Low fat White or Nonfat White or Nonfat Chocolate



Did you know,
Daylight Savings Time
starts on March 14, 2010?

