

# IAE Breakfast Menu



June 2018



# BREAKFAST



## JUNE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
4 <sup>th</sup> -8 <sup>th</sup>	Ham, Egg, & Cheese on an English Muffin Fruit Parfait <b>V</b> Cereal/Cereal Bars <b>V</b> Muffins/Pop-tarts <b>V</b>	Breakfast Casserole Sausage English Muffin Cereal/Cereal Bars <b>V</b> Muffins/Pop-tarts <b>V</b>	Breakfast Pizza Egg & Cheese Biscuit <b>V</b> Cereal/Cereal Bars <b>V</b> Muffins/Pop-tarts <b>V</b>	Colby Cheese Omelet with Biscuit <b>V</b> Fruit Smoothie <b>V</b> Cereal/Cereal Bars <b>V</b> Muffins/Pop-tarts <b>V</b>	Bacon & Egg English Muffin Fruit Parfait <b>V</b> Cereal/Cereal Bars <b>V</b> Muffins/Pop-tarts <b>V</b>
11 <sup>h</sup> -15 <sup>th</sup>	Breakfast Sandwich Fruit Parfait <b>V</b> Cereal/Cereal Bars <b>V</b> Muffins/Pop-tarts <b>V</b>	Breakfast Sandwich Fruit Smoothie <b>V</b> Cereal/Cereal Bars <b>V</b> Muffins/Pop-tarts <b>V</b>	Breakfast Sandwich Fruit Parfait <b>V</b> Cereal/Cereal Bars <b>V</b> Muffins/Pop-tarts <b>V</b>	Breakfast Sandwich Fruit Smoothie <b>V</b> Cereal/Cereal Bars <b>V</b> Muffins/Pop-tarts <b>V</b>	Breakfast Sandwich Fruit Parfait <b>V</b> Cereal/Cereal Bars <b>V</b> Muffins/Pop-tarts <b>V</b>

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 **V** are vegetarian!