

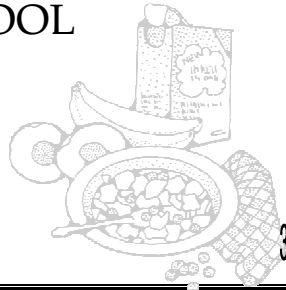
INTEGRATED DAY CHARTER SCHOOL

Breakfast Menu


~~*January 2018*~*~*

Student Breakfast \$1.45

Adult Breakfast \$2.00



For Breakfast:
Please choose a minimum of
3 full components of the 4 offered. One being fruit.

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted WG cereals, fruit and milk are offered daily as a second choice. One serving of fruit or vegetable or veggie fruit juice will accompany each breakfast served daily. A variety of Fresh and Cupped Fruit Available every day. AND 1% Milk				
1 No School Holiday Recess	2 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C.Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	3 Warm Pastry Day	4 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C.Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	5 Hot offering A Choice of: Egg Sandwich Cheese Omelet Pancakes, or Waffles Noon Dismissal
8 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C.Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	9 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C.Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams	10 Warm Pastry Day	11 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Grahams	12 Hot offering A Choice of: Egg Sandwich Cheese Omelet Pancakes, or Waffles
15 No School Martin Luther King Jr. Day	16 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C.Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams	17 Warm Pastry Day	18 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Grahams	19 Hot offering A Choice of: Egg Sandwich Cheese Omelet Pancakes, or Waffles
22 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C.Cheese 2 Hard Boiled Eggs, or 1 Egg with Grahams	23 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C.Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams	24 Warm Pastry Day	25 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Grahams	26 Hot offering A Choice of: Egg Sandwich Cheese Omelet Pancakes, or Waffles
29 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C.Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	30 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C.Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	31 Warm Pastry Day		Riverside Café Presents Lucky Plate Day  Check your plate or Grab and Go Tray for something special each week

Save the Date

January 1: No School, Holiday Recess
 January 5: Noon Dismissal, PD
 January 8: Boys BB Game, Sterling, 4:00 jv/v
 January 9: Girls BB Game, Preston, 4:00 jv/v
 January 11: Boys BB Game, Preston, 4:00 jv/v
 January 12: All School, Pod C
 January 15: No School, Martin Luther King Jr. Day
 January 17: Board Meeting, 5:30 p.m.

January 18: IDEA Game Night/Chili & Brownie Show Off, 5:30
 January 18: Girls and Boys BB Game, St Mary/Joseph, 4:00 jv
 January 19: All School, Specials
 January 25: Girls and Boys BB Game, St Mary/Joseph, 4:00 jv
 January 26: All School, Pod A
 January 29: I.D.E.A Planning Meeting, 6:00 p.m.
 January 29: Girls BB Game, Voluntown, 4:00 jv/v
 January 30: Boys BB Game, Voluntown, 4:00 jv/v