

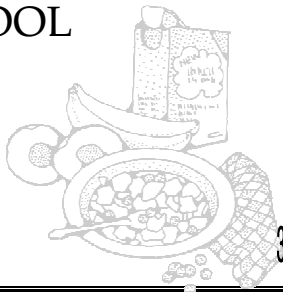
INTEGRATED DAY CHARTER SCHOOL

Breakfast Menu



~~*May 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 everyday. AND 1% Milk				
Riverside Café Presents Lucky Plate Day  Check your plate or Grab and Go Tray for something special each week	1 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Grahams	2 Warm Pastry Day	3 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	4 Hot offering A Choice of: Egg Sandwich Cheese Omelet Pancakes, or Waffles Noon Dismissal
7 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	8 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Grahams	9 Warm Pastry Day	10 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	11 Hot offering A Choice of: Egg Sandwich Cheese Omelet Pancakes, or Waffles
14 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	15 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	16 Warm Pastry Day	17 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	18 Hot offering A Choice of: Egg Sandwich Cheese Omelet Pancakes, or Waffles
21 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	22 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	23 Warm Pastry Day	24 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	25 Hot offering A Choice of: Egg Sandwich Cheese Omelet Pancakes, or Waffles
28 Memorial Day No School	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 Warm Pastry Day	31 A choice of: Yogurt with Grahams 2 oz. WG Cereal WG Bagel with C. Cheese 2 Hard Boiled Eggs, or 1 Egg with Graham	

Save the Date

May 1-2: PK Screening, 8:30-11:30
 May 2: Track Meet, Preston
 May 3: I.D.E.A (tba)
 May 4: Noon Dismissal
 May 8: Track Meet, Sacred Heart/St. Bernard
 May 9: PK Screening

May 10: 7/8/ Field Trip, Newport, RI, 7:30 A.M.-7:30 P.M.
 May 11: All School, Specials
 May 14: Track Meet, St. Bernard
 May 16: Board Meeting, 5:30 p.m.
 May 17: 4/5 Artist in Residence
 May 17: Track Meet, Sterling/Lisbon

May 18: All School, Pod A
 May 21: I.D.E.A Planning Meeting, 6:00 p.m.
 May 24: Spring Musical Concert
 May 25: All School, Pod B
 May 28: No School, Memorial Day