

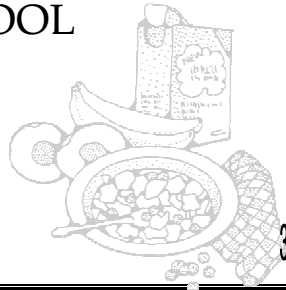
INTEGRATED DAY CHARTER SCHOOL

Breakfast Menu


~~*October 2017*~*~*

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				
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 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 Warm Pastry Day	5 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams	6 Noon Dismissal Hot offering A Choice of: Egg Sandwich, Cheese Omelet, Pancakes, or Waffles
9 No School Indigenous People's 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 Grahams	11 Warm Pastry Day	12 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams	13 Hot offering A Choice of: Egg Sandwich, Cheese Omelet, Pancakes, or Waffles
16 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese, 2 Hard Boiled Eggs, or 1 Egg with Graham	17 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams	18 Warm Pastry Day	19 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams	20 Hot offering A Choice of: Egg Sandwich, Cheese Omelet, Pancakes, or Waffles
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 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams	25 Warm Pastry Day	26 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams	27 Hot offering A Choice of: Egg Sandwich, Cheese Omelet, Pancakes, or Waffles
30 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams	31 A choice of: Yogurt with Grahams, 2 oz. WG Cereal, WG Bagel with C. Cheese, 2 Hard Boiled Eggs, or 1 Egg with Grahams		The Riverside Café Presents Lucky Plate Day  Check your plate or Grab and Go Tray for something special each week	

Save the Date

October 2: Basketball Meeting: 4-8th Graders, 5:00
 October 3: Cross Country, Mohegan Park 3:00
 October 3: K/1 Field Trip, Scott's Orchard, 9-12:30
 October 4: Cross Country Pasta Party, 4:30
 October 5: Hot Fudge and Fiction/High School Night, 5:30 p.m.
 October 5: Cross Country, Mohegan Park, 4:00
 October 6: Noon Dismissal
 October 9: No School

October 10: PK Fire Dept. Visit, 10:00 and 1:30
 October 11: Cross Country, St. Bernard, 4:00
 October 13: All School: Pod A
 October 18: Board Meeting: 5:30 p.m.
 October 19: Cross Country, Franklin, TBA
 October 20: All School: Pod B
 October 25: Cross Country, Preston, 5:00
 October 27: All School: Pod C
 October 30: I.D.E.A Planning Meeting, 6:00 p.m.