


*ILCAP BREAKFAST MENU
SEPTEMBER 2019*

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				
3 LABOR DAY NO SCHOOL	4 Cereal/Poptarts Fruit Juice Milk	5 Biscuit with Sausage Fruit Milk/Juice	6 Cereal/Poptarts Fruit Juice Milk	7 Pancake and Sausage on a Stick Milk/Juice
10 Nutrigrain Bar Fruit Milk/Juice	11 Cereal/Poptarts Fruit Juice Milk	12 French Toast Sticks Sausage Milk/Juice	13 Cereal/Poptarts Fruit Juice Milk	14 STATE LUTHERAN CONFERENCE NO SCHOOL
17 Nutrigrain Bar Fruit Milk/Juice	18 Cereal/Poptarts Fruit Juice Milk	19 Biscuit with Sausage Fruit Milk/Juice	20 Cereal/Poptarts Fruit Juice Milk	21 Mini Waffles Sausage Milk/Juice
24 Nutrigrain Bar Fruit Milk/Juice	25 Cereal/Poptarts Fruit Juice Milk	26 French Toast Sticks Sausage Milk/Juice	27 Cereal/Poptarts Fruit Juice Milk	28 Pancake and Sausage on a Stick Milk/Juice