# Island City Breakfast Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

## August 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>31</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
</tbody>
</table>

### Daily Options
- **Hot Ham & Cheese Bagel**
- **Breakfast Pizza**
- **Coffee Cake**
- **Apple Cinnamon Muffin**
- **Pancakes**

**Choice of Cereal**
- Graham Crackers
- Vegetable Selection
- Canned Fruit
- Fresh Fruit

**Vegetable Selection**
- Apple Juice
- Fresh Fruit

**Milk Choice**
- 1%
- White, Skim or Chocolate
- Skim is included with lunch.

**Additional Items**
- Cheese Stick
- Syrup
- Fresh Vegetable Choices

**Prices**
- Regular: $1.45
- Reduced: $0.00
- Adult: $2.45
- Milk: $0.50

**Harvest of the Month**
- Summer Squash
- Blackberries
- Savory

**Extra Info**
- Milk choice of 1% White, Skim or Chocolate
- Skim is included with lunch.
- Entree Salads are served with Dinner Roll
- For questions contact: Heather Torres at taher@lagrandesd.org

---

Menus are subject to change without notice. This institution is an equal opportunity provider.