



**IUSD NUTRITION SERVICES BREAKFAST MENU**  
**MIDDLE and HIGH SCHOOLS**



**ENTRÉE:**

*BAGEL (All Flavors)  
with Jelly or Cream Cheese*

*or*

*Cinnamon Roll*

*or*

*Cheese Roll*

*or*

*Assorted Cereal with  
String cheese or Sunflower Nuts or Crackers*

**SIDE**

**(Choose 1)**

*Assorted Fruit Juice*

*Choice of Fresh Fruit*

*Assorted Canned Fruit or Fruit Cups*



**AND**

**MILK**

*½ pt*

*Low-fat or non-fat white or non-fat chocolate*

