

AUGUST 2023

IONE COMMUNITY SCHOOL

BREAKFAST



School Information: This Institution is an equal opportunity provider.

Always available at breakfast

Fruit, Bagel w/cream cheese, Cereal and Yogurt w/ granola.



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to stay hydrated and help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



MONDAY



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7

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14

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21

First Day of

School!

Maple Bar

Juice/Milk

28

TUESDAY



1

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8

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15

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22

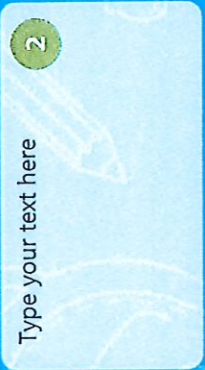
Sausage Egg

Biscuit

Juice/Milk

29

WEDNESDAY



2

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16

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23

Cheese Omelet w/

Sausage Links

Juice/Milk

30

THURSDAY



3

National Watermelon Day

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17

National Waffle Day

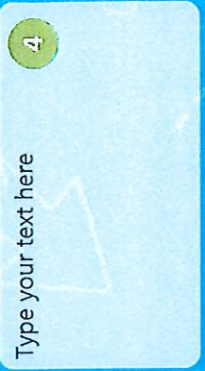
24

Biscuits and Gravy

Juice/Milk

31

FRIDAY



4

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18

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25

No School