



Creating My Own

Tasting Book

Your youngster can feel proud of tasting new foods by making a book of their experiences. Each time they try something new, they could sketch the food and record the date on construction paper. Suggest that they add "tasting notes." Too. For instance, they could write about how a kiwi looks ("oval, brown and fuzzy") and tastes ("sweet and a little sour at the same time"). They could also do what food bloggers do and snap a photo of the dish to glue on the page. Help them hole-punch the pages and put in a binder. Every time they sample new foods, you could remind them he's doing research for their own book!

September 2026

IOLA-SCANDINAVIA HIGH SCHOOL/MIDDLE SCHOOL BREAKFAST MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 W/G Graham Snack W/G Muffin Fruit/Fruit Juice Milk Choice	2 Cinnamon Toast Crunch Soft Filled Bar Fruit/Fruit Juice Milk Choice	3 Assorted W/G Cereal Fruit/Fruit Juice Milk Choice	4 Assorted W/G Bread Fruit/Fruit Juice Milk Choice
7 Labor Day-No School 		8 Smucker's Peanut Butter & Jelly Uncrustable Fruit/Fruit Juice Milk Choice	9 Blueberry Bagels Fruit/Fruit Juice Milk Choice	10 Assorted W/G Cereal Fruit/Fruit Juice Milk Choice	11 Assorted W/G Donuts Fruit/Fruit Juice Milk Choice
14 Blueberry Waffles Fruit/Fruit Juice Milk Choice		15 Smucker's Peanut Butter & Jelly Uncrustable Fruit/Fruit Juice Milk Choice	16 W/G Graham Snack W/G Muffin Fruit/Fruit Juice Milk Choice	17 Assorted W/G Cereal Fruit/Fruit Juice Milk Choice	18 Cinnamon Toast Crunch W/G Muffin Cereal Bar Fruit/Fruit Juice Milk Choice
21 Cinni Mini's Fruit/Fruit Juice Milk Choice		22 Strawberry Cream Cheese Mini Bagels Fruit/Fruit Juice Milk Choice	23 Smucker's Peanut Butter & Jelly Uncrustable Fruit/Fruit Juice Milk Choice	24 Assorted W/G Cereal Fruit/Fruit Juice Milk Choice	25 Professional Development Day No School 
28 W/G Graham Snack W/G Muffin Fruit/Fruit Juice Milk Choice		29 Chocolate Crescent Roll Fruit/Fruit Juice Milk Choice	30 Cinnamon Toast Crunch Soft Filled Bar Fruit/Fruit Juice Milk Choice		

Milk Choice of 1% chocolate or 1% white milk included daily. Fruit (1/2 cup) & Fruit Juice (1/2 cup) offered daily.

An additional ½ cup serving of fruit may be taken for a total of 1 cup daily. Choices offered daily: W/G Muffin and String Cheese

This institution is an equal opportunity provider

😊 Menu items are subject to change without notice.

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