



Kids Need Their Morning Meal

While adults need to eat breakfast each day to perform their best, kids need it even more. Their growing bodies and developing brains rely heavily on the regular intake of food. When kids skip breakfast, they can end up going for long periods of time without food and this may create a lot of physical, intellectual, and behavioral problems for them. School breakfast continues to be a great value and a huge convenience for busy families too! Breakfast will be offered at the elementary school at a cost of \$1.50 daily. Your children may qualify for free meals or for reduced price meals. Breakfast will be offered free to Elementary students who qualify for free or reduced price meals.



September 2026

IOLA-SCANDINAVIA ELEMENTARY SCHOOL BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cereal Bar String Cheese Fruit/Fruit Juice Milk Choice	2 Smucker's Peanut Butter & Jelly Uncrustable Fruit/Fruit Juice Milk Choice	3 W/G Graham Snack String Cheese Fruit/Fruit Juice Milk Choice	4 Cinni Mini Fruit/Fruit Juice Milk Choice
7 Labor Day – No School 	8 Pop Tart Yogurt Fruit/Fruit Juice Milk Choice	9 Cinnamon Toast Crunch Soft Filled Bar Fruit/Fruit Juice Milk Choice	10 Assorted W/G Cereal Fruit/Fruit Juice Milk Choice	11 Boiled Egg W/G Muffin Fruit/Fruit Juice Milk Choice
14 Caramel Cinni Mini Fruit/Fruit Juice Milk Choice	15 Apple Filled Donut Fruit/Fruit Juice Milk Choice	16 Smucker's Peanut Butter & Jelly Uncrustable Fruit/Fruit Juice Milk Choice	17 W/G Mini Waffles Fruit/Fruit Juice Milk Choice	18 Blueberry Donut Fruit/Fruit Juice Milk Choice
21 Chocolate Crescent Roll Fruit/Fruit Juice Milk Choice	22 Pop Tart Yogurt 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 Cereal Bar String Cheese Fruit/Fruit Juice Milk Choice	29 Blueberry Donut Fruit/Fruit Juice Milk Choice	30 Smucker's Peanut Butter & Jelly Uncrustable 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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