

# what's for breakfast?



## Center for Autism: January Breakfast in the Classroom (BIC) Menu Staff Price \$4.35

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| 1<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit  | 2<br>Whole Grain Bagel Cream Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit    | 3<br>Nutrigrain Bar<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit    | 4<br>Assorted Cereals with Yogurt or string cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit    | 5<br>Apple Cinnamon Yogurt Parfait<br>Granola on the side<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit   |
| 8<br>Whole Grain Fruit Muffin String Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit    | 9<br>Whole Grain Bagel Cream Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit    | 10<br>Nutrigrain Bar<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit   | 11<br>Assorted Cereals with Yogurt or string cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit   | 12<br>Strawberry Yogurt Parfait<br>Granola on the side<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit      |
| 15<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit  | 16<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit                                    | 17<br>Nutrigrain Bar<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit   | 18<br>Assorted Cereals with Yogurt or string cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit  | 19<br>Apple Cinnamon Yogurt Parfait<br>Granola on the side<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit |
| 22<br>Whole Grain Fruit Muffin String Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit | 23<br>Whole Grain Bagel Cream Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit | 24<br>Nutrigrain Bar<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit | 25<br>Assorted Cereals with Yogurt or string cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit | 26<br>Strawberry Yogurt Parfait<br>Granola on the side<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit    |
| 29<br>Whole Grain Fruit Muffin String Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit | 30<br>Whole Grain Bagel Cream Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit | 31<br>Nutrigrain Bar<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit |  |   |
| Assorted Low Sugar Cereal w/ String Cheese or Yogurt  | Assorted Low Sugar Cereal w/ String Cheese or Yogurt   | Assorted Low Sugar Cereal w/ String Cheese or Yogurt   | Assorted Low Sugar Cereal w/ String Cheese or Yogurt   | Assorted Low Sugar Cereal w/ String Cheese or Yogurt  |

**BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.**

Visit [aces.nutrislice.com](http://aces.nutrislice.com) to see your menu!