

# what's for breakfast?



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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Apple Cinnamon Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
4  HAPPY LABOR DAY!	5 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	6 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	7 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	8 Strawberry Parfait with Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
11 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	12 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	13 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	14 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	15 Apple Cinnamon Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
18 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	19 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	20 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	21 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	22 Strawberry Parfait with Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
25 Yom Kippur 	26 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	27 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	28 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	29 Apple Cinnamon Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit 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!