


what's for breakfast?



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	3 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	4 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	5 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	6 Apple Cinnamon Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
9 	10 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	11 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	12 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	13 Strawberry Parfait with Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
16 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	17 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	18 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	19 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	20 Apple Cinnamon Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
23 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	24 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	25 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	26 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	27 Strawberry Parfait with Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
30 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	31 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Daily Alternates		
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 to see your menu!