

# what's for breakfast?



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	2 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	3 <i>Rosh Hashanah</i> 	4 Apple Cinnamon Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
7 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	8 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	9 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	10 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	11 Strawberry Parfait with Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
14 <b>INDIGENOUS PEOPLES' DAY</b> 	15 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	16 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	17 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	18 Apple Cinnamon Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
21 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	22 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	23 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	24 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	25 Strawberry Parfait with Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
28 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	29 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	30 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	31 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	
<b>Daily Alternates</b>				
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!