

# what's for breakfast?



## Center for Autism: September Breakfast in the Classroom (BIC) Menu Staff Price \$4.50

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