

# what's for breakfast?



## Wintergreen October Breakfast in the Classroom (BIC) Menu Staff Price \$4.50

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	2 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	3 <i>Rosh Hashanah</i> 	4 Assorted Cereals with Yogurt or string cheese  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 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	9 Whole Grain Bagel Cream Cheese  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 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
14 	15 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	16 Whole Grain Bagel Cream Cheese  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 Assorted Cereals with Yogurt or string cheese  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 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	23 Whole Grain Bagel Cream Cheese  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 Assorted Cereals with Yogurt or string cheese  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 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	30 Whole Grain Bagel Cream Cheese  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	
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:

USDA is an equal opportunity employer and provider.

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

Vegetarian



Locally Grown

