

Wintergreen October Breakfast in the Classroom (BIC) Menu

Staff Price \$4.35				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Fruit Muffin String Cheese	Assorted Cereals with Yogurt or string cheese	4 Whole Grain Bagel Cream Cheese	5 Assorted Cereals with Yogurt or string cheese	
(3)				
Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
9	Assorted Cereals with Yogurt or string cheese	Whole Grain Bagel Cream Cheese	Assorted Cereals with Yogurt or string cheese	1: Whole Grain Bagel Cream Cheese
HAPPY INDIGENOUS PEOPLE'S DAY	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
16 Whole Grain Fruit Muffin String Cheese	17 Assorted Cereals with Yogurt or string cheese	18 Whole Grain Bagel Cream Cheese	19 Assorted Cereals with Yogurt or string cheese	20 Whole Grain Bagel Cream Cheese
	(V)		The state of the s	
Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
23 Whole Grain Fruit Muffin String Cheese	24 Assorted Cereals with Yogurt or string cheese	25 Whole Grain Bagel Cream Cheese	26 Assorted Cereals with Yogurt or string cheese	
			3	
Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
30 Whole Grain Fruit Muffin String Cheese	31 Assorted Cereals with Yogurt or string cheese			
Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Daily Alternates		
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal			
w/ String Cheese or Yogurt	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.

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