



Center for Autism: October Breakfast in the Classroom (BIC) Menu

Staff Price \$5.25



Monday	Tuesday	Wednesday	Thursday	Friday
		3 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	2 	3 Strawberry Parfait with Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
6 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	7 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	8 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	9 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	10 Apple Cinnamon Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
13 	14 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	15 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	16 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	17 Strawberry Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
20 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	21 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	22 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	23 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	24 Apple Cinnamon Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
27 Whole Grain Fruit Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	28 Whole Grain Bagel Cream Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	29 Nutrigrain Bar  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	30 Assorted Cereals with Yogurt or string cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	30 Strawberry Yogurt Parfait Granola on the side  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) ½ cup fruit side dishes and a choice of milk. Milk choices include 1% white, skim white and skim chocolate.

Visit aces.nutrislice.com to see your menu!



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Vegetarian



Locally Grown

