

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

area cooperative educational services		Staff Price \$5.25		
Monday	Tuesday	Wednesday	Thursday	Friday
		Nutrigrain Bar	Z VOM	Strawberry Parfait with Granola on the side
		Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	KIPPUR WISHYOU PEACE AND GOODNESS	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
6 Whole Grain Fruit Muffin String Cheese	7 Whole Grain Bagel Cream Cheese	8 Nutrigrain Bar	9 Assorted Cereals with Yogurt or string cheese	10 Apple Cinnamon Yogurt Parfait
(3)		Nutri Grain		Granola on the side
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
13	14	15	16	17
	Whole Grain Bagel Cream Cheese	Nutrigrain Bar	Assorted Cereals with Yogurt or string cheese	Strawberry Yogurt Parfait
INDIGENOUS PEOPLES DAY		Nutri Grain	A STATE OF THE STA	Granola on the side
	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local
20	Seasonal Fruit 21	Seasonal Fruit 22	Seasonal Fruit 23	Seasonal Fruit
Whole Grain Fruit Muffin String Cheese	Whole Grain Bagel Cream Cheese	Nutrigrain Bar	Assorted Cereals with Yogurt or string cheese	Apple Cinnamon Yogurt Parfait Granola on the side
(3) (3)		Nutri Grain	3	Granola on the side
Assorted Fruit Juice Assorted Chilled Fruit	Assorted Fruit Juice Assorted Chilled Fruit	Assorted Fruit Juice Assorted Chilled Fruit	Assorted Fruit Juice Assorted Chilled Fruit	Assorted Fruit Juice Assorted Chilled Fruit
Assorted Fresh Local Seasonal Fruit	Assorted Fresh Local Seasonal Fruit			
27 Whole Grain Fruit Muffin String Cheese	28 Whole Grain Bagel Cream Cheese		30 Assorted Cereals with Yogurt or string cheese	
(5)		Nutri Grain		Granola on the side
Assorted Fruit Juice Assorted Chilled Fruit	Assorted Fruit Juice Assorted Chilled Fruit			
Assorted Fresh Local	Assorted Fresh Local	Assorted Fresh Local	Assorted Fresh Local	Assorted Fresh Local
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit Daily Alternates	Seasonal Fruit	Seasonal Fruit
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal			
w/ String Cheese	w/ String Cheese	w/ String Cheese	w/ String Cheese	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 Visit aces.nutrislice.com to see your menu!

Vegetarian and skim chocolate.



