


















# what's for breakfast?



## Center for Autism: December Breakfast in the Classroom (BIC) Staff Price \$4.35

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  |   |  |   | 1<br>Apple Cinnamon Yogurt Parfait<br>Granola on the side<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit      |
| 4<br>Whole Grain Fruit Muffin<br>String Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit    | 5<br>Whole Grain Bagel<br>Cream Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit    | 6<br>Nutrigrain Bar<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit    | 7<br>Assorted Cereals with<br>Yogurt or string cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit    | 8<br>Strawberry Parfait with<br>Granola on the side<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit            |
| 11<br>Whole Grain Fruit Muffin<br>String Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit   | 12<br>Whole Grain Bagel<br>Cream Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit  | 13<br>Nutrigrain Bar<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit   | 14<br>Assorted Cereals with<br>Yogurt or string cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit  | 15<br>Apple Cinnamon Yogurt<br>Parfait<br>Granola on the side<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit |
| 18<br>Whole Grain Fruit Muffin<br>String Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit | 19<br>Whole Grain Bagel<br>Cream Cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit | 20<br>Nutrigrain Bar<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit | 21<br>Assorted Cereals with<br>Yogurt or string cheese<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit | 22<br>Strawberry Parfait with<br>Granola on the side<br><br>Assorted Fruit Juice<br>Assorted Chilled Fruit<br>Assorted Fresh Local Seasonal Fruit         |
| 25   | 26  | 27   | 28  | 29   |
|   |   |  |   |  |
| <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!