



# BREAKFAST

# OCTOBER 2018 Pre-K – 8<sup>th</sup> Child & Nutrition Program

# BIC MENU

## Monday

**1**  
Yogurt 4 oz. with Granola  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

## Tuesday

**2**  
Cinnamon Waffles  
With Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

## Wednesday

**3**  
Blueberry Biscuit  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

## Thursday

**4**  
Cream Cheese  
Filled Bagel Roll  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

## Friday

**5**  
Assorted Cold Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk



**8**

**9**  
Yogurt 4 oz. with Granola  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**10**  
Egg Cheese & Omelet Wrap  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**11**  
French Toast Sticks  
With Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**12**  
Assorted Cold Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**15**  
Cream Cheese  
Filled Bagel Roll  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**16**  
Cinnamon Waffles  
With Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**17**  
Biscuit and Sausage  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**18**  
Pop-tart with  
Cheese Stick  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**19**  
Assorted Cold Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**22**  
Honey Biscuit  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**23**  
Maple Pancakes  
With Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**24**  
Apple Turkey Sausage  
Pancake Breakfast Stick  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**25**  
Cream Cheese  
Filled Bagel Roll  
1/2 cup 100% Fruit Juice  
1/2 cup Fruit Cup  
Milk

**26**  
Assorted Cold Cereal  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**29**  
Yogurt 4 oz. with Granola  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**30**  
Cinnamon Waffles  
With Syrup  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk

**31**  
Blueberry Biscuit  
1/2 cup 100% Fruit Juice  
1/2 cup Fresh Fruit  
Milk



Two-½ cup fruit options will be offered daily.

Milk is served with every meal.

Choose 1% White Milk or Fat Free White Milk.

Students must take a fruit and/or juice.

**ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY**

**ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS.**

Fresh Fruit= Whole Fruit

Fruit Cup= 4 oz. cup Frozen Fruit

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