



OCTOBER 2024

2 You can always **Pick 2** for Breakfast in the Cafe

Choose breakfast entrée or Pick **TWO*** of the following: **cereal**, **string cheese**, **toast** or **yogurt**.

*No duplicates on cereal or yogurt
BIC Schools Have Daily Cereal Option



ACE'S CORNER



Fresh Fruits & Vegetables Offered at every meal

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Offered Daily Frudels & Muffins Variety cereal & pop tarts Choice of Milk Chicken Nuggets Pb&j & Bagel Meals Salads & Parfaits Meat, Cheese & Cracker box	Ham, egg & cheese bagel Tater tots Taco Tuesday Seasoned Black Beans Salsa Diced peaches	WG Pancakes Chicken sausage Pasta with Meatballs & Cheese Green Beans Applesauce cup	Cheese Omelet Hashbrown patty Fish Sticks French Fries Coleslaw Diced pineapple	Sausage , egg & cheese melt On English Muffin Cheese/Pepperoni Pizza Garlic Bread Garden Side Salad Diced pears
Pancake wrapped Sausage Bosco Sticks Marinara Dipping sauce Steamed Broccoli Apple Slices	Sausage, cheese & egg Melt on a biscuit Macaroni & Cheese Green beans Blueberries	Breakfast Pizza Tater tots Meatball Sub Buttered Peas Applesauce cup	Cheese Omelet Hash brown patty Sweet & Sour chicken Over Rice Steamed Carrots Diced peaches	Whole grain French toast Bacon Pizza Cruncher Sliced Cucumbers Diced peaches
No School! Columbus Day	Whole Grain waffles Chicken sausage French Toast Sicks Hashbrown Patty Chicken Sausage Applesauce cups	Whole Grain Pancakes Chicken sausage Corn Dog Baked Beans Broccoli Diced pineapple	Oatmeal Bowl Bacon Popcorn Chicken Bowl Mashed Potatoes Buttered Corn Strawberries	Sausage, cheese & egg Melt on an English muffin Cheese/Pepperoni Pizza Garlic Bread Garden Side Salad Diced peaches
Whole Grain Glazed Donut Yogurt cup Chicken Patty Sandwich Sweet Potato Fries Diced pears	Ham, cheese & egg On Bagel Hot Dog Tater Tots Baked Beans Diced peaches	Breakfast Pizza Tater tots Philly steak Sandwich French Fries Red Pepper Strips Watermelon	Breakfast Burrito BBQ popcorn chicken Coleslaw Broccoli Applesauce cups	French Toast Sticks Chicken Sausage Jumbo Pretzel w/ cheese sauce Yogurt cup Red Pepper Strips Diced pineapple
Pancake wrapped Sausage Mozzarella Sticks Marinara Sauce Peas Diced pears	Sausage, cheese & egg Melt on a biscuit Bacon Chicken Ranch Sandwich Tater tots Diced pineapple	Whole Grain Pancakes Chicken sausage Fish Sticks Baked Beans Coleslaw Diced peaches	Cheese Omelet Hash brown patty Meatball Sub Green Beans Applesauce cup	