



October 2024

BIC/GNG MENU

MON	TUES	WED	THURS	FRI
	¹ Turkey Sausage and Cheese Biscuit Veggie Sausage Biscuit Fresh Apple Fresh Pear	² Golden Grahams Cereal Bar Apple Juice Banana	³ Egg and Cheese Bagel Fresh Apple Fresh Orange	⁴ Apple Overnight Oats Orange Juice Pineapple
⁷ Cinnamon Muffin Round Orange Juice Mixed Fruit	⁸ Eggoji Waffles Fresh Apple Fresh Pear	⁹ Egg and Cheese Tacos Apple Juice Banana	¹⁰ Turkey Pancake Wrap Honey Cheerios Fresh Apple Fresh Orange	¹¹ Peach Overnight Oats Orange Juice Pineapple
¹⁴ Pumpkin Breakfast Bread Orange Juice Mixed Fruit	¹⁵ Egg and Cheese Bagel Fresh Apple Fresh Pear	¹⁶ Apple Frudel Apple Juice Banana	¹⁷ Turkey Sausage or Veggie Sausage with Egg on Biscuit Fresh Apple Fresh Orange	¹⁸ Mini Chicken Sausage Pancake Bites Cinnamon Raisin Bagel with cream cheese Orange Juice Pineapple
²¹ Blueberry Muffin Top Orange Juice Mixed Fruit	²² Egg and Cheese English Muffin Fresh Apple Fresh Pear	²³ Chicken Sausage Breakfast Tacos Mini Cinnamon Waffles Apple Juice Banana	²⁴ Bagel with Cream Cheese Fresh Apple Fresh Orange	²⁵ Pumpkin Overnight Oats  Orange Juice Pineapple
²⁸ Banana Breakfast Bread Orange Juice Mixed Fruit	²⁹ Country Chicken Biscuit Mini Blueberry Waffles Fresh Apple Fresh Pear	³⁰ Turkey Sausage, Egg & Cheese Breakfast Tacos Cherry Frudel Apple Juice Banana	³¹ Scrambled Eggs with cheese and English Muffin Fresh Apple Fresh Orange	Turkey Sausage or Veggie Sausage Bagel Orange Juice Pineapple

All Breakfast
Must Include
Choice of:
Fruit

And May
Include:
1% Low-Fat
Milk

Powering
potential.™

Menus are subject to change.



Served Daily:
Rotation of cereal and whole grain chocolate round



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