

Providence Schools Secondary BIC Menu November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Confetti Muffin or Raisin Bran Cereal Cinnamon Grahams Craisins 100% Fruit Juice 1% or FF Flavored Milk	2 Strawberry Mini Bagel or Pineapple Mango Breakfast Bar String Cheese Fresh Apple 100% Fruit Juice 1% or FF Flavored Milk	3 Pumpkin Bread or Cinnamon Chex Cereal Cinnamon Grahams Pineapple Cup 100% Fruit Juice 1% or FF Flavored Milk	4 Egg & Cheese on Flatbread or Strawberry Cheerios Cereal Bar String Cheese Applesauce Cup 100% Fruit Juice 1% or FF Flavored Milk	5 Vanilla Yogurt or Kix Cereal Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk
8 Apple Muffin or Frosted Mini Wheats Cereal Cinnamon Grahams Raisins 100% Fruit Juice 1% or FF Flavored Milk	9 Guava Flip Bar or Blueberry Belvita Biscuits String Cheese Fresh Orange 100% Fruit Juice 1% or FF Flavored Milk	10 Banana Bread or Rice Krispies Cereal Cinnamon Grahams Melon Cup 100% Fruit Juice 1% or FF Flavored Milk	11 Veteran's Day No School	12 Vanilla Yogurt or Cinnamon Chex Cereal Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk
15 Cinnamon Chip Muffin or Raisin Bran Cereal Cinnamon Grahams Craisins 100% Fruit Juice 1% or FF Flavored Milk	16 Chocolate Chip French Toast or Pineapple Mango Breakfast Bar String Cheese Fresh Apple 100% Fruit Juice 1% or FF Flavored Milk	17 Distance Learning Day	18 Egg, Ham, and Cheese on a Bagel or Strawberry Cheerios Cereal Bar String Cheese Applesauce Cup 100% Fruit Juice 1% or FF Flavored Milk	19 Vanilla Yogurt or Kix Cereal Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk
22 Cinnamon Chip Muffin or Frosted Mini Wheats Cereal Cinnamon Grahams Raisins 100% Fruit Juice 1% or FF Flavored Milk	23 Vanilla Yogurt or Cinnamon Chex Cereal Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk	24 No School	25 Happy Thanksgiving No School	26 No School
29 Cocoa Bread or Frosted Mini Wheats Cereal Cinnamon Grahams Raisins 100% Fruit Juice 1% or FF Flavored Milk	30 Bagel w/ Cream Cheese or Blueberry Belvita Biscuits String Cheese Fresh Orange 100% Fruit Juice 1% or FF Flavored Milk	1 Maple Mini Waffles or Cheerios Cereal Cinnamon Grahams Melon Cup 100% Fruit Juice 1% or FF Flavored Milk	2 Blueberry Muffin or Strawberry Nutrigrain Bar String Cheese Applesauce Cup 100% Fruit Juice 1% or FF Flavored Milk	3 Vanilla Yogurt or Cinnamon Chex Cereal Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk