

Providence Schools Secondary BIC Menu October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4 Confetti Muffin or Raisin Bran Cereal Cinnamon Grahams Craisins 100% Fruit Juice 1% or FF Flavored Milk	5 Strawberry Mini Bagel or Pineapple Mango Breakfast Bar String Cheese Fresh Apple 100% Fruit Juice 1% or FF Flavored Milk	6 Pumpkin Bread or Frosted Flakes Cereal Cinnamon Grahams Pineapple Cup 100% Fruit Juice 1% or FF Flavored Milk	7 Egg & Cheese on Flatbread or Strawberry Cheerios Cereal Bar String Cheese Applesauce Cup 100% Fruit Juice 1% or FF Flavored Milk	8 Vanilla Yogurt or Kix Cereal Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk
11 Columbus Day No School	12 Guava Flip Bar or Blueberry Belvita Biscuits String Cheese Fresh Orange 100% Fruit Juice 1% or FF Flavored Milk	13 Banana Bread or Rice Krispies Cereal Cinnamon Grahams Melon Cup 100% Fruit Juice 1% or FF Flavored Milk	14 Mini Blueberry Pancakes or Raisin Bran Cereal String Cheese Applesauce Cup 100% Fruit Juice 1% or FF Flavored Milk	15 Vanilla Yogurt or Frosted Flakes Cereal Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk
18 Cinnamon Chip Muffin or Raisin Bran Cereal Cinnamon Grahams Craisins 100% Fruit Juice 1% or FF Flavored Milk	19 Chocolate Chip French Toast or Pineapple Mango Breakfast Bar String Cheese Fresh Apple 100% Fruit Juice 1% or FF Flavored Milk	20 Distance Learning Day	21 Egg, Ham, and Cheese on a Bagel or Strawberry Cheerios Cereal Bar String Cheese Applesauce Cup 100% Fruit Juice 1% or FF Flavored Milk	22 Vanilla Yogurt or Kix Cereal Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk
25 Cocoa Bread or Frosted Mini Wheats Cereal Cinnamon Grahams Raisins 100% Fruit Juice 1% or FF Flavored Milk	26 Bagel w/ Cream Cheese or Blueberry Belvita Biscuits String Cheese Fresh Orange 100% Fruit Juice 1% or FF Flavored Milk	27 Maple Mini Waffles or Cheerios Cereal Cinnamon Grahams Melon Cup 100% Fruit Juice 1% or FF Flavored Milk	28 Blueberry Muffin or Strawberry Nutrigrain Bar String Cheese Applesauce Cup 100% Fruit Juice 1% or FF Flavored Milk	29 Vanilla Yogurt or Frosted Flakes Cereal Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk
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 Frosted Flakes 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 Frosted Flakes Cereal Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk