

# Providence Schools Secondary BIC Menu September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
6  Labor Day	7	8  Welcome Back To School!	9  Bagel w/ Cream Cheese or Blueberry Belvita Biscuits  String Cheese Applesauce Cup 100% Fruit Juice 1% or FF Flavored Milk	10  Vanilla Yogurt or Frosted Flakes Cereal  Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk
13  Apple Muffin or Frosted Mini Wheats Cereal  Cinnamon Grahams Raisins 100% Fruit Juice 1% or FF Flavored Milk	14  Guava Flip Bar or Blueberry Belvita Biscuits  String Cheese Fresh Orange 100% Fruit Juice 1% or FF Flavored Milk	15  Banana Bread or Rice Krispies Cereal  Cinnamon Grahams Melon Cup 100% Fruit Juice 1% or FF Flavored Milk	16  No School PD Day	17  Vanilla Yogurt or Frosted Flakes Cereal  Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk
20  Cinnamon Chip Muffin or Frosted Mini Wheats Cereal  Cinnamon Grahams Craisins 100% Fruit Juice 1% or FF Flavored Milk	21  Chocolate Chip French Toast or Pineapple Mango Breakfast Bar String Cheese Fresh Apple 100% Fruit Juice 1% or FF Flavored Milk	22  Cinnamon Roll or Frosted Flakes Cereal  Cinnamon Grahams Pineapple Cup 100% Fruit Juice 1% or FF Flavored Milk	23  Egg, Ham, and Cheese on a Bagel or Strawberry Cheerios Cereal Bar String Cheese Applesauce Cup 100% Fruit Juice 1% or FF Flavored Milk	24  Vanilla Yogurt or Kix Cereal  Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk
27  Cocoa Bread or Frosted Mini Wheats Cereal  Cinnamon Grahams Raisins 100% Fruit Juice 1% or FF Flavored Milk	28  Bagel w/ Cream Cheese or Blueberry Belvita Biscuits  String Cheese Fresh Orange 100% Fruit Juice 1% or FF Flavored Milk	29  Maple Mini Waffles or Cheerios Cereal  Cinnamon Grahams Melon Cup 100% Fruit Juice 1% or FF Flavored Milk	30  Blueberry Muffin or Strawberry Nutrigrain Bar String Cheese Applesauce Cup 100% Fruit Juice 1% or FF Flavored Milk	1  Vanilla Yogurt or Frosted Flakes Cereal  Jeff's Granola Strawberry Cup 100% Fruit Juice 1% or FF Flavored Milk