

# September 2018

## Abramson Sci Academy Breakfast

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Mini Cinnis</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Mini Maple Waffles</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Ham and Cheese Bagel Melt</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Strawberry Banana Yogurt</li> <li>• Blueberry Muffin</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Sausage Biscuit Sandwich</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Mini Cinnis</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Sausage Biscuit Sandwich</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Berry Parfait with Granola</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Skewered Sausage Pancake</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Oatrageous Choc-Banana Oatmeal</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Mini Blueberry Pancakes</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Ham and Cheese Bagel Melt</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• English Muffin</li> <li>• Pork Sausage Patty</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Strawberry Banana Yogurt</li> <li>• Blueberry Muffin</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Mini Maple Waffles</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Mini Cinnis</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Skewered Sausage Pancake</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Berry Parfait with Granola</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Sausage Biscuit Sandwich</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> </ul>	<p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Bagel</li> </ul> <p><b>Alternate Entrees</b></p> <ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Cinnamon Toast Crunch Cereal</li> <li>• Reduced Sugar Trix</li> <li>• Frosted Corn Flakes</li> <li>• Sliced Whole Grain toast</li> </ul> <p><b>Fruit &amp; Vegetable Bar</b></p> <ul style="list-style-type: none"> <li>• Fresh Whole Fruit</li> <li>• Assorted Fruit Juice</li> </ul> <p><b>Milk &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>• 1% Low-fat Milk</li> <li>• Chocolate Skim Milk</li> <li>• Light Cream Cheese</li> </ul>

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

More Details: [collegiateacademies.nutrislice.com/menu/sci-academy/breakfast/](http://collegiateacademies.nutrislice.com/menu/sci-academy/breakfast/)  
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