

# October 2018

## Abramson Sci Academy Breakfast

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>1</b></p> <p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Cinni-Mini French Toast Bites</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>2</b></p> <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>3</b></p> <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>4</b></p> <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>5</b></p>
<p><b>8</b></p>	<p><b>9</b></p> <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>10</b></p> <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>11</b></p> <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>12</b></p> <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>
<p><b>15</b></p> <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>16</b></p> <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>17</b></p> <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>18</b></p> <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>19</b></p> <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>22</b></p> <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>23</b></p> <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>24</b></p> <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>25</b></p> <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>26</b></p> <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>
<p><b>29</b></p> <p><b>Main Entrees</b></p> <ul style="list-style-type: none"> <li>• Cinni-Mini French Toast Bites</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>30</b></p> <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>31</b></p> <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>		

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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