

November 2018

Abramson Sci Academy Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Main Entrees**
 - Strawberry Banana Yogurt
 - Blueberry Muffin
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Honey Graham Crackers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

2

- Main Entrees**
 - Sausage Biscuit Sandwich
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

5

- Main Entrees**
 - Mini Cinnis
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

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- Main Entrees**
 - Sausage Biscuit Sandwich
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Honey Graham Crackers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

7

- Main Entrees**
 - Berry Parfait with Granola
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Honey Graham Crackers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

8

- Main Entrees**
 - Skewered Sausage Pancake
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Honey Graham Crackers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

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- Main Entrees**
 - Oatrageous Choc-Banana Oatmeal
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Honey Graham Crackers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

12

- Main Entrees**
 - Mini Blueberry Pancakes
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Honey Graham Crackers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

13

- Main Entrees**
 - Ham and Cheese Bagel Melt
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Honey Graham Crackers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

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- Main Entrees**
 - English Muffin
 - Pork Sausage Patty
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Honey Graham Crackers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

15

- Main Entrees**
 - Strawberry Banana Yogurt
 - Blueberry Muffin
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Honey Graham Crackers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

16

- Main Entrees**
 - Mini Maple Waffles
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Honey Graham Crackers
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

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- Main Entrees**
 - Mini Cinnis
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

20

- Main Entrees**
 - Skewered Sausage Pancake
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

21

- Main Entrees**
 - Berry Parfait with Granola
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

22

- Main Entrees**
 - Sausage Biscuit Sandwich
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

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- Main Entrees**
 - Bagel
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Light Cream Cheese

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- Main Entrees**
 - Mini Cinnis
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

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- Main Entrees**
 - Skewered Sausage Pancake
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

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- Main Entrees**
 - Berry Parfait with Granola
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

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- Main Entrees**
 - Sausage Biscuit Sandwich
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk

30

- Main Entrees**
 - Bagel
- Alternate Entrees**
 - Cheerios
 - Cinnamon Toast Crunch Cereal
 - Reduced Sugar Trix
 - Frosted Corn Flakes
 - Sliced Whole Grain toast
- Fruit & Vegetable Bar**
 - Fresh Whole Fruit
 - Assorted Fruit Juice
- Milk & Condiments**
 - 1% Low-fat Milk
 - Chocolate Skim Milk
 - Light Cream Cheese

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/
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