



# November 2018

## Study BIC Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
(2)	<div style="border: 2px solid black; background-color: yellow; padding: 5px;"> <p align="center"><b>Job Opportunity</b>  <b>Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.</b></p> </div>			<b>1</b> A: Grape Crescent B: Assorted Cereal C: Elf Grahams D: Craisins  Assorted Juice Assorted Milk	<b>2</b> A: Apple Bosco Stick B: Assorted Cereal C: Elf Grahams D: Peaches  Assorted Juice Assorted Milk	<p><b>More Info...</b></p> <p><b>What is a Reimbursable Breakfast?</b></p> <p><b>Must choose 3 items with one being ½ cup fruit</b></p> <ol style="list-style-type: none"> <li><b>1. Whole Grain</b></li> <li><b>2. Fruit</b></li> <li><b>3. Milk-1%, Skim</b></li> <li><b>4. Additional Item: Grain or Meat/Meat Alt.</b></li> </ol> <p><b>*Assorted Milk</b>            1% White            1% Chocolate</p> <p><b>BIC:</b>            Free to all students in participating buildings</p> <p><b>*May contain pork</b></p> <p><b>Menus are subject to change without notice.</b></p>
(3)	<b>5</b> <b>No School</b>	<b>6</b> <b>No School</b>	<b>7</b> A: Mini Cinnamon Creamy Cheese Bagel B: Assorted Cereal C: Elf Grahams D: Applesauce  Assorted Juice Assorted Milk	<b>8</b> A: Sausage Breakfast Pizza* B: Assorted Cereal C: Elf Grahams D: Banana  Assorted Juice Assorted Milk	<b>9</b> A: Cinnamon French Toast B: Assorted Cereal C: Elf Grahams D: Apple Slices  Assorted Juice Assorted Milk	
(4)	<b>12</b> A: Maple Mini Pancakes B: Assorted Cereal C: Elf Grahams D: Applesauce  Assorted Juice Assorted Milk	<b>13</b> A: Grape Crescent B: Assorted Cereal C: Elf Grahams D: Fresh Orange  Assorted Juice Assorted Milk	<b>14</b> A: Assorted Yogurt B: Assorted Cereal C: Elf Grahams D: Peach Applesauce  Assorted Juice Assorted Milk	<b>15</b> A: Benefit Bar B: Assorted Cereal C: Elf Grahams D: Peaches  Assorted Juice Assorted Milk	<b>16</b> A: Cheese Bosco Stick B: Assorted Cereal C: Elf Grahams D: Banana  Assorted Juice Assorted Milk	
(5)	<b>19</b> A: Benefit Bar B: Assorted Cereal C: Elf Grahams D: Sliced Apples  Assorted Juice Assorted Milk	<b>20</b> A: Country Chicken Biscuit B: Assorted Cereal C: Elf Grahams D: Fresh Orange  Assorted Juice Assorted Milk	<b>21</b> <b>Thanksgiving Break</b>  <div style="background-color: #808080; color: white; padding: 2px; text-align: center;">             National French Toast Day!           </div>	<b>22</b> <b>Thanksgiving Break</b>	<b>23</b> <b>Thanksgiving Break</b>	
(1)	<b>26</b> A: Cinnamon UBR B: Assorted Cereal C: Elf Grahams D: Applesauce  Assorted Juice Assorted Milk	<b>27</b> A: Assorted Yogurt B: Assorted Cereal C: Elf Grahams D: Fresh Orange  Assorted Juice Assorted Milk	<b>28</b> A: Cinnamon French Toast B: Assorted Cereal C: Elf Grahams D: Sliced Apples  Assorted Juice Assorted Milk	<b>29</b> A: Country Chicken Biscuit B: Assorted Cereal C: Elf Grahams D: Banana  Assorted Juice Assorted Milk	<b>30</b> A: Apple Bosco Stick B: Assorted Cereal C: Elf Grahams D: Peaches  Assorted Juice Assorted Milk	

**Nutrition Services Vision: "To provide meals and service that enrich and nourish lives."**

### Special News...

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.



**"This institution is an equal opportunity provider."**