

OPENING BREAKFAST / BIC MENU

Items subject to change based on product availability

Wednesday 9/1 (Alderwood)

Item	Carb	Allergen
Blueberry Muffin	30g	(WHEAT, EGG, SOY)
Sunflower Seeds	11g	
Applesauce	14g	
1% White Milk (MILK) or Soy Milk (SOY)		

Monday

Tuesday

Wednesday 9/1

Thursday 9/2

Friday 9/3

Item	Carb	Allergen	Item	Carb	Allergen	Item	Carb	Allergen
Banana Bread	28g	(MILK, EGG, WHEAT)	Chex Cereal, <i>Gluten Free</i>	23g		Breakfast Bar	42 - 46g	(MILK, WHEAT, EGG, SOY)
Hardboiled Egg	1g	(EGG)	Yogurt	21g	(MILK)	Sunflower Seeds	11g	
Fresh Fruit	15g		Applesauce	14g		Fresh Fruit	15g	
1% White Milk (MILK) or Soy Milk (SOY)								

Monday 9/6

Tuesday 9/7

Wednesday 9/8

Thursday 9/9

Friday 9/10

Item	Carb	Allergen	Item	Carb	Allergen	Item	Carb	Allergen	Item	Carb	Allergen
Breakfast Cereal, <i>GF</i>	23g		Blueberry Muffin	30g	(WHEAT, EGG, SOY)	Banana Bread	28g	(MILK, EGG, WHEAT)	Breakfast Cereal, <i>GF</i>	23g	
Yogurt	21g	(MILK)	String Cheese	0g	(MILK)	Sunflower Seeds	11g		Yogurt	21g	(MILK)
Whole Orange	16g		Whole Apple	15g		Applesauce	14g		Whole Orange	15g	
						1% White Milk (MILK) or Soy Milk (SOY)			Applesauce	14g	
									Breakfast Bar	42 - 46g	(MILK, WHEAT, EGG, SOY)
									Sunflower Seeds	11g	
									Applesauce	14g	

Monday 9/13

Tuesday 9/14

Wednesday 9/15

Thursday 9/16

Friday 9/17

Item	Carb	Allergen	Item	Carb	Allergen	Item	Carb	Allergen	Item	Carb	Allergen
Breakfast Cereal, <i>GF</i>	23g		Blueberry Muffin	30g	(WHEAT, EGG, SOY)	Banana Bread	28g	(MILK, EGG, WHEAT)	Breakfast Cereal, <i>GF</i>	23g	
Yogurt	21g	(MILK)	String Cheese	0g	(MILK)	Sunflower Seeds	11g		Yogurt	21g	(MILK)
Whole Orange	16g		Whole Apple	15g		Applesauce	14g		Whole Orange	15g	
						1% White Milk (MILK) or Soy Milk (SOY)			Applesauce	14g	
									Breakfast Bar	42 - 46g	(MILK, WHEAT, EGG, SOY)
									Sunflower Seeds	11g	
									Applesauce	14g	