

Welcome to our Breakfast Cafe @

Mckinley Elementary School

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday

7 Blueberry Muffin
8 Blueberry Muffin
9 Blueberry Muffin
Or Apple Cinnamon Cheerios
With Honey Graham Belly Bears
Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

3 Banana Muffin
Or Cinnamon Frosted Flakes
With Honey Graham Belly Bears
Fresh Orange
Strawberries
Low Fat Milk
Skim Milk

4 Apple Cinnamon Muffin
Or Rice Krispies
With Honey Graham Belly Bears
Fresh Apple
Fresh Banana
Low Fat Milk
Skim Milk

5 Chocolate Chip Muffin
Or Red. Sugar Frosted Flakes
With Honey Graham Belly Bears
Melon Cup
Fresh Orange
Low Fat Milk
Skim Milk

6 Blueberry Muffin
Or Red. Sugar Cocoa Puffs
With Honey Graham Belly Bears
Applesauce
Fresh Banana
Low Fat Milk
Skim Milk

9 Blueberry Muffin
Or Apple Cinnamon Cheerios
With Honey Graham Belly Bears
Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

10 Banana Muffin
Or Rice Krispies
With Honey Graham Belly Bears
Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

11 Apple Cinnamon Muffin
Or Red. Sugar Cinnamon Toast Crunch
With Honey Graham Belly Bears
Fresh Apple
Melon Cup
Low Fat Milk
Skim Milk

12 Chocolate Chip Muffin
Or Cheerios
With Honey Graham Belly Bears
Fresh Orange
Fresh Banana
Low Fat Milk
Skim Milk

13 Blueberry Muffin
Or Rice Krispies
With Honey Graham Belly Bears
Fresh Apple
Melon Cup
Low Fat Milk
Skim Milk

16 Banana Muffin
Or Red. Sugar Frosted Flakes
With Honey Graham Belly Bears
Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

17 Apple Cinnamon Muffin
Or Cinnamon Frosted Flakes
With Honey Graham Belly Bears
Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

18 Chocolate Chip Muffin
Or Red. Sugar Cinnamon Toast Crunch
With Honey Graham Belly Bears
Melon Cup
Fresh Orange
Low Fat Milk
Skim Milk

19 Blueberry Muffin
Or Cheerios
With Honey Graham Belly Bears
Fresh Apple
Fresh Banana
Low Fat Milk
Skim Milk

20 Banana Muffin
Or Rice Krispies
With Honey Graham Belly Bears
Applesauce
Strawberries
Low Fat Milk
Skim Milk

23 Apple Cinnamon Muffin
Or Red. Sugar Frosted Flakes
With Honey Graham Belly Bears
Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

24 Chocolate Chip Muffin
Or Cinnamon Frosted Flakes
With Honey Graham Belly Bears
Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

25 Blueberry Muffin
Or Red. Sugar Cocoa Puffs
With Honey Graham Belly Bears
Applesauce
Fresh Banana
Low Fat Milk
Skim Milk

26 Apple Cinnamon Muffin
Or Cheerios
With Honey Graham Belly Bears
Melon Cup
Strawberries
Low Fat Milk
Skim Milk

27 Banana Muffin
Or Red. Sugar Cinnamon Toast Crunch
With Honey Graham Belly Bears
Melon Cup
Fresh Orange
Low Fat Milk
Skim Milk

30 Apple Cinnamon Muffin
Or Cheerios
With Honey Graham Belly Bears
Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

31 Chocolate Chip Muffin
Or Rice Krispies
With Honey Graham Belly Bears
Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!

SIMPLY ROOTED™ in food and family

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural,

and organic or non-GMO, whenever possible.



Breakfast Prices

Regular: \$1.50
Reduced: \$0.30

All breakfast choices include a variety of fresh fruit, cupped fruit, 100% fruit juice, and a choice of low fat or fat free milk selection

Alternate assorted cereals available: Whole Grain Cheerios, Whole Grain Rice Krispies, Whole Grain Reduced Sugar Cinnamon Toast Crunch, Whole Grain Reduced Sugar Frosted Flakes, Whole Grain Reduced Sugar Cinnamon Frosted Flakes, Whole Grain Reduced Sugar Cocoa Puffs, Whole Grain Reduced Sugar Apple Cinnamon Cheerios

Assorted whole grain muffins available: Banana, Blueberry Apple Cinnamon, Chocolate Chip

Whole Wheat Bagel w/ Low Fat Cream Cheese Available Daily

Assorted 100% Fruit Juices Available: Apple Juice, Fruit

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.