

Welcome to our Breakfast Cafe at...

Mckinley Elementary School

October
2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend	2 Apple Cinnamon Cheerios ✓ Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Banana 100% Orange Juice Blend	3 Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend	4 Whole Grain Chocolate Chip Muffin ✓ Or Red. Sugar Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup Fresh Orange 100% Orange Juice Blend	5 Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Applesauce Fresh Banana 100% Orange Juice Blend
8 Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Banana Fresh Melon Cup 100% Orange Juice Blend	9 Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend	10 Whole Grain Chocolate Chip Muffin ✓ Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup Fresh Orange 100% Orange Juice Blend	11 Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Applesauce Fresh Banana 100% Orange Juice Blend	12 Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Banana 100% Orange Juice Blend
15 Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend	16 Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Banana 100% Orange Juice Blend	17 Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Applesauce Fresh Banana 100% Orange Juice Blend	18 Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Banana 100% Orange Juice Blend	19 Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend
22 Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Banana Fresh Melon Cup 100% Orange Juice Blend	23 Whole Grain Chocolate Chip Muffin ✓ Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Orange 100% Orange Juice Blend	24 Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Applesauce Fresh Banana 100% Orange Juice Blend	25 Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Melon Cup 100% Orange Juice Blend	26 Or Reduced Sugar Cinnamon Toast Crunch ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Fresh Banana 100% Orange Juice Blend
29 Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend	30 Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Banana 100% Orange Juice Blend	31 Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Applesauce Fresh Banana 100% Orange Juice Blend		



October is National Farm to School Month!
Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



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 Punch, Orange Juice, Apple Grape Juice, Apple Cherry Juice

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*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. This institution is an equal opportunity provider.