

# Welcome to our Breakfast Cafe @

Mckinley Elementary School

November 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

7  
**Election Day  
No School**

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

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

10  
**Veterans' Day  
No School**

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

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

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

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

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

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

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

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

23  
**Happy Thanksgiving!**

24

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

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

29 Blueberry Muffin  
Or Red. Sugar Frosted  
Flakes  
With Honey Graham Belly  
Bears  
Melon Cup  
Fresh Banana  
Low Fat Milk  
Skim Milk

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

## SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because 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

\*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.