

Welcome to our Breakfast Cafe @

Mckinley Elementary School

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday

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



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- PORK
- VEGAN
- MADE WITH ALL NATURAL INGREDIENTS

5 Blueberry Muffin
Or Apple Cinnamon Cheerios
With Whole Grain Honey
Graham Crackers
Fresh Apple
Strawberries
100% Orange Juice Blend

6 Whole Grain Banana Muffin
Or Rice Krispies
With Whole Grain Honey
Graham Crackers
Fresh Orange
Applesauce
100% Orange Juice Blend

7

8 Chocolate Chip Muffin
Or Cheerios
With Whole Grain Honey
Graham Crackers
Fresh Orange
Fresh Banana
100% Orange Juice Blend

9 Blueberry Muffin
Or Rice Krispies
With Whole Grain Honey
Graham Crackers
Fresh Apple
Fresh Melon Cup
100% Orange Juice Blend

12 Whole Grain Banana Muffin
Or Rice Krispies
With Whole Grain Honey
Graham Crackers
Fresh Orange
Applesauce
100% Orange Juice Blend

13 Whole Grain Apple Cinnamon Muffin
Or Cinnamon Frosted Flakes
With Whole Grain Honey
Graham Crackers
Fresh Apple
Strawberries
100% Orange Juice Blend

14 Chocolate Chip Muffin
Or Reduced Sugar Cinnamon Toast Crunch
With Whole Grain Honey
Graham Crackers
Fresh Melon Cup
Fresh Orange
100% Orange Juice Blend

15 Blueberry Muffin
Or Cheerios
With Whole Grain Honey
Graham Crackers
Fresh Apple
Fresh Banana
100% Orange Juice Blend

No School Professional Development

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20 Chocolate Chip Muffin
Or Cinnamon Frosted Flakes
With Whole Grain Honey
Graham Crackers
Fresh Apple
Strawberries
100% Orange Juice Blend

21 Blueberry Muffin
Or Red. Sugar Cocoa Puffs
With Whole Grain Honey
Graham Crackers
Applesauce
Fresh Banana
100% Orange Juice Blend

22 Whole Grain Apple Cinnamon Muffin
Or Cheerios
With Whole Grain Honey
Graham Crackers
Fresh Melon Cup
Strawberries
100% Orange Juice Blend

23 Whole Grain Banana Muffin
Or Reduced Sugar Cinnamon Toast Crunch
With Whole Grain Honey
Graham Crackers
Fresh Melon Cup
Fresh Orange
100% Orange Juice Blend

26 Whole Grain Apple Cinnamon Muffin
Or Cheerios
With Whole Grain Honey
Graham Crackers
Fresh Orange
Applesauce
100% Orange Juice Blend

27 Chocolate Chip Muffin
Or Rice Krispies
With Whole Grain Honey
Graham Crackers
Fresh Apple
Strawberries
100% Orange Juice Blend

28 Blueberry Muffin
Or Red. Sugar Cocoa Puffs
With Whole Grain Honey
Graham Crackers
Applesauce
Fresh Banana
100% Orange Juice Blend

SIMPLY ROOTED™ *in food and family*

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply



Rooted™ in food and family and we care. Our ingredients 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. This institution is an equal opportunity provider.