

# 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 Honey Graham Belly Bears  
Fresh Apple  
Strawberries  
100% Orange Juice Blend

6 Banana Muffin   
Or Rice Krispies   
With Honey Graham Belly Bears  
Fresh Orange  
Applesauce  
100% Orange Juice Blend

7 Apple Cinnamon Muffin   
Or Red. Sugar Cinnamon Toast Crunch   
With Honey Graham Belly Bears  
Fresh Apple  
Melon Cup  
100% Orange Juice Blend

8 Chocolate Chip Muffin   
Or Cheerios   
With Honey Graham Belly Bears  
Fresh Orange  
Fresh Banana  
100% Orange Juice Blend

9 Blueberry Muffin   
Or Rice Krispies   
With Honey Graham Belly Bears  
Fresh Apple  
Melon Cup  
100% Orange Juice Blend

12 Banana Muffin   
Or Rice Krispies   
With Honey Graham Belly Bears  
Fresh Orange  
Applesauce  
100% Orange Juice Blend

13 Apple Cinnamon Muffin   
Or Cinnamon Frosted Flakes   
With Honey Graham Belly Bears  
Fresh Apple  
Strawberries  
100% Orange Juice Blend

14 Chocolate Chip Muffin   
Or Red. Sugar Cinnamon Toast Crunch   
With Honey Graham Belly Bears  
Melon Cup  
Fresh Orange  
100% Orange Juice Blend

15 Blueberry Muffin   
Or Cheerios   
With Honey Graham Belly Bears  
Fresh Apple  
Fresh Banana  
100% Orange Juice Blend

**No School Professional Development**



20 Chocolate Chip Muffin   
Or Cinnamon Frosted Flakes   
With Honey Graham Belly Bears  
Fresh Apple  
Strawberries  
100% Orange Juice Blend

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

22 Apple Cinnamon Muffin   
Or Cheerios   
With Honey Graham Belly Bears  
Melon Cup  
Strawberries  
100% Orange Juice Blend

23 Banana Muffin   
Or Red. Sugar Cinnamon Toast Crunch   
With Honey Graham Belly Bears  
Melon Cup  
Fresh Orange  
100% Orange Juice Blend

26 Apple Cinnamon Muffin   
Or Cheerios   
With Honey Graham Belly Bears  
Fresh Orange  
Applesauce  
100% Orange Juice Blend

27 Chocolate Chip Muffin   
Or Rice Krispies   
With Honey Graham Belly Bears  
Fresh Apple  
Strawberries  
100% Orange Juice Blend

28 Blueberry Muffin   
Or Red. Sugar Cocoa Puffs   
With Honey Graham Belly Bears  
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.