

# Welcome to our Breakfast Cafe @

Mckinley Elementary School

April 2018

Monday

Tuesday


Wednesday


Thursday

Friday

2 Blueberry Muffin Or Cheerios With Whole Grain Honey Graham Crackers Fresh Apple Fresh Banana 100% Orange Juice Blend	3 Whole Grain Apple Cinnamon Muffin Or Cinnamon Frosted Flakes With Whole Grain Honey Graham Crackers Fresh Apple Fresh Banana 100% Orange Juice Blend	4 Whole Grain Banana Muffin Or Rice Krispies With Whole Grain Honey Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend	5 Chocolate Chip Muffin Or Red. Sugar Frosted Flakes With Whole Grain Honey Graham Crackers Fresh Melon Cup Fresh Orange 100% Orange Juice Blend	6 Blueberry Muffin Or Red. Sugar Cocoa Puffs With Whole Grain Honey Graham Crackers Applesauce Fresh Banana 100% Orange Juice Blend
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**April Break No School!**





16 Whole Grain Banana Muffin Or Rice Krispies With Whole Grain Honey Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend	17 Whole Grain Apple Cinnamon Muffin Or Cinnamon Frosted Flakes With Whole Grain Honey Graham Crackers Fresh Apple Fresh Banana 100% Orange Juice Blend	18 Chocolate Chip Muffin Or Reduced Sugar Cinnamon Toast Crunch With Whole Grain Honey Graham Crackers Fresh Melon Cup Fresh Orange 100% Orange Juice Blend	19 Blueberry Muffin Or Cheerios With Whole Grain Honey Graham Crackers Fresh Apple Fresh Banana 100% Orange Juice Blend	20 Whole Grain Banana Muffin Or Rice Krispies With Whole Grain Honey Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend
23 Whole Grain Apple Cinnamon Muffin Or Cheerios With Whole Grain Honey Graham Crackers Fresh Banana Fresh Melon Cup 100% Orange Juice Blend	24 Chocolate Chip Muffin Or Cinnamon Frosted Flakes With Whole Grain Honey Graham Crackers Fresh Apple Fresh Orange 100% Orange Juice Blend	25 Blueberry Muffin Or Red. Sugar Cocoa Puffs With Whole Grain Honey Graham Crackers Applesauce Fresh Banana 100% Orange Juice Blend	26 Whole Grain Apple Cinnamon Muffin Or Cheerios With Whole Grain Honey Graham Crackers Fresh Apple Fresh Melon Cup 100% Orange Juice Blend	27 Whole Grain Banana Muffin Or Reduced Sugar Cinnamon Toast Crunch With Whole Grain Honey Graham Crackers Fresh Orange Fresh Banana 100% Orange Juice Blend

30 Whole Grain Apple Cinnamon Muffin Or Cheerios With Whole Grain Honey Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend
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## FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!

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



## SIMPLY ROOTED™

*in food and family*

We offer yogurt that is 100% all-natural or organic. Also, our hummus is organic and tahini-free. This is because we are Simply Rooted™ in food and family and we care about



our young customers. 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.