

# Welcome to our Breakfast Cafe at...

Mckinley Elementary School

May 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



6 Whole Grain Apple Cinnamon Crumb Muffin ✓  
Or Reduced Sugar Cinnamon Toast Crunch ✓  
With Whole Grain Honey ✓  
Bear Graham Crackers  
Fresh Banana  
100% Orange Juice Blend

7 Whole Grain Banana Crumb Muffin ✓  
Or Rice Krispies ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Orange  
Applesauce  
Apple Cherry 100% Juice

1 Whole Grain Apple Cinnamon Crumb Muffin ✓  
Or Cheerios ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Melon Cup  
Fresh Orange  
Apple 100% Juice

2 Whole Grain Banana Crumb Muffin ✓  
Cinnamon Frosted Flakes ✓  
Whole Grain Honey Bear Graham Crackers  
Applesauce  
Fresh Pear  
100% Orange Juice Blend

3 Whole Grain Blueberry Muffin ✓  
Or Red. Sugar Cocoa Puffs ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Strawberry Cup  
Fresh Banana

13 Whole Grain Apple Cinnamon Crumb Muffin ✓  
Or Rice Krispies ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Orange  
Applesauce  
100% Orange Juice Blend

14 Whole Grain Blueberry Muffin ✓  
Or Cinnamon Frosted Flakes ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Apple  
Fresh Banana  
100% Orange Juice Blend

8 Whole Grain Chocolate Chip Muffin ✓  
Or Cheerios ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Mixed Berry Cup  
Apple Grape 100% Juice

9 Whole Grain Blueberry Muffin ✓  
Or Red. Sugar Cocoa Puffs ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Strawberry Cup  
100% Juice Fruit Punch

10 Whole Grain Apple Cinnamon Crumb Muffin ✓  
Or Cinnamon Frosted Flakes ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Apple  
Fresh Banana

20 Whole Grain Banana Crumb Muffin ✓  
Or Cheerios ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Banana  
Apple 100% Juice

21 Whole Grain Apple Cinnamon Crumb Muffin ✓  
Or Rice Krispies ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Orange  
Applesauce  
Apple Grape 100% Juice

15 Whole Grain Chocolate Chip Muffin ✓  
Or Red. Sugar Cocoa Puffs ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Applesauce  
Mixed Berry Cup  
100% Orange Juice Blend

**National Chocolate Chip Day!**

16 Whole Grain Banana Crumb Muffin ✓  
Or Cheerios ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Apple  
Fresh Banana  
100% Orange Juice Blend

17 Whole Grain Chocolate Chip Muffin ✓  
Or Rice Krispies ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Orange  
Applesauce



**SCHOOL CLOSED TODAY**

22 Whole Grain Chocolate Chip Muffin ✓  
Or Cheerios ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Melon Cup  
100% Juice Fruit Punch

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

24 Whole Grain Apple Cinnamon Crumb Muffin ✓  
Or Cinnamon Frosted Flakes ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Apple  
Mixed Berry Cup

Early Dismissal

29 Whole Grain Blueberry Muffin ✓  
Or Red. Sugar Cocoa Puffs ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Applesauce  
Strawberry Cup  
100% Juice Fruit Punch

30 Whole Grain Banana Crumb Muffin ✓  
Or Cheerios ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Apple  
Fresh Banana  
100% Orange Juice Blend

31 Whole Grain Chocolate Chip Muffin ✓  
Or Rice Krispies ✓  
With Whole Grain Honey  
Bear Graham Crackers  
Fresh Orange  
Mixed Berry Cup



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



**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.