

# Welcome to our Breakfast Cafe at...

Mckinley Elementary School

June 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



|   |  |   |   |  |
|---|--|---|---|--|
| <p>3 Whole Grain Blueberry Muffin ✓<br/>Or Red. Sugar Frosted Flakes ✓✓<br/>With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup Fresh Orange Apple 100% Juice</p> | <p>4 Whole Grain Banana Crumb Muffin ✓<br/>Or Apple Cinnamon Cheerios ✓✓<br/>With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Orange 100% Juice Fruit Punch</p>     | <p>5 Whole Grain Chocolate Chip Muffin ✓<br/>Or Rice Krispies ✓✓<br/>With Whole Grain Honey Bear Graham Crackers Fresh Banana Mixed Berry Cup 100% Orange Juice Blend</p>           | <p>6 Whole Grain Apple Cinnamon Crumb Muffin ✓<br/>Or Reduced Sugar Cinnamon Toast Crunch ✓<br/>With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Pear Apple Grape 100% Juice</p> | <p>7 Whole Grain Blueberry Muffin ✓<br/>Or Red. Sugar Cocoa Puffs ✓✓<br/>With Whole Grain Honey Bear Graham Crackers Mixed Berry Cup Fresh Banana</p>          |
| <p>10 Whole Grain Banana Crumb Muffin ✓<br/>Or Cheerios ✓✓<br/>With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Melon Cup 100% Orange Juice Blend</p>        | <p>11 Whole Grain Apple Cinnamon Crumb Muffin ✓<br/>Or Rice Krispies ✓✓<br/>With Whole Grain Honey Bear Graham Crackers Fresh Orange Mixed Berry Cup Apple Cherry 100% Juice</p> | <p>12 Whole Grain Chocolate Chip Muffin ✓<br/>Or Apple Cinnamon Cheerios ✓✓<br/>With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup Fresh Orange Apple Grape 100% Juice</p> | <p>13 Whole Grain Blueberry Muffin ✓<br/>Or Red. Sugar Cocoa Puffs ✓✓<br/>With Whole Grain Honey Bear Graham Crackers Fresh Orange Fresh Banana 100% Juice Fruit Punch</p>                    | <p>14 Whole Grain Apple Cinnamon Crumb Muffin ✓<br/>Or Cinnamon Frosted Flakes ✓✓<br/>With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Banana</p> |

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# Have a Great Summer!



Our back to basics approach has enabled us to get to the heart of what matters to our student customers when it comes to food. Serving wholesome great tasting food, and teaching students about food and nutrition, sets the stage for them to enjoy more enriching educational experiences around the foods they eat.




**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.