

Welcome to our Breakfast Cafe @

Fairfield Holland Hill Elementary

September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



1 Blueberry Muffin
Or Red. Sugar Cocoa Puffs
With Honey Graham Belly
Bears Applesauce
Banana
Low Fat Milk
Skim Milk

4
**Labor Day
No School**

5 Banana Muffin
Or Rice Krispies
With Honey Graham Belly
Bears Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

6 Apple Cinnamon Muffin
Or Red. Sugar Cinnamon
Toast Crunch
With Honey Graham Belly
Bears Fresh Apple
Melon Cup
Low Fat Milk
Skim Milk

7 Chocolate Chip Muffin
Or Cheerios
With Honey Graham Belly
Bears Fresh Orange
Banana
Low Fat Milk
Skim Milk

8 Blueberry Muffin
Or Rice Krispies
With Honey Graham Belly
Bears Fresh Apple
Melon Cup
Low Fat Milk
Skim Milk

11 Banana Muffin
Or Red. Sugar Frosted
Flakes
With Honey Graham Belly
Bears Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

12 Apple Cinnamon Muffin
Or Cinnamon Frosted
Flakes
With Honey Graham Belly
Bears Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

13 Chocolate Chip Muffin
Or Red. Sugar Cinnamon
Toast Crunch
With Honey Graham Belly
Bears Melon Cup
Fresh Orange
Low Fat Milk
Skim Milk

14 Blueberry Muffin
Or Cheerios
With Honey Graham Belly
Bears Fresh Apple
Banana
Low Fat Milk
Skim Milk

15 Banana Muffin
Or Rice Krispies
With Honey Graham Belly
Bears Applesauce
Strawberries
Low Fat Milk
Skim Milk

18 Apple Cinnamon Muffin
Or Red. Sugar Frosted
Flakes
With Honey Graham Belly
Bears Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

19 Chocolate Chip Muffin
Or Cinnamon Frosted
Flakes
With Honey Graham Belly
Bears Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

20 Blueberry Muffin
Or Red. Sugar Cocoa Puffs
With Honey Graham Belly
Bears Applesauce
Banana
Low Fat Milk
Skim Milk

21
**Rosh Hashanah
No School**

22 Banana Muffin
Or Red. Sugar Cinnamon
Toast Crunch
With Honey Graham Belly
Bears Melon Cup
Fresh Orange
Low Fat Milk
Skim Milk

25 Apple Cinnamon Muffin
Or Cheerios
With Honey Graham Belly
Bears Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

26 Chocolate Chip Muffin
Or Rice Krispies
With Honey Graham Belly
Bears Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

27 Blueberry Muffin
Or Red. Sugar Frosted
Flakes
With Honey Graham Belly
Bears Melon Cup
Banana
Low Fat Milk
Skim Milk

28 Banana Muffin
Or Cinnamon Frosted
Flakes
With Honey Graham Belly
Bears Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

29 Apple Cinnamon Muffin
Or Red. Sugar Cocoa Puffs
With Honey Graham Belly
Bears Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com



or scan our QR code to see all that we are doing to keep our young customers healthy!



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

*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. USDA is an equal opportunity provider, employer, and lender.