

# Welcome to our Breakfast Cafe at...

Mckinley Elementary School

September 2018

Monday

Tuesday

Wednesday

Thursday

Friday

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



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

5 Whole Grain Banana Muffin Or Rice Krispies   
With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend

6 Whole Grain Chocolate Chip Muffin Or Red. Sugar Frosted Flakes   
With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup Fresh Orange 100% Orange Juice Blend

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

No School!

11 Whole Grain Banana Muffin Or Rice Krispies   
With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend

12 Whole Grain Chocolate Chip Muffin Cheerios   
With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup Fresh Orange 100% Orange Juice Blend

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

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

17 Whole Grain Banana Muffin Or Rice Krispies   
With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend

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

No School!

20 Whole Grain Blueberry Muffin Or Cheerios   
With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Banana 100% Orange Juice Blend

21 Whole Grain Banana Muffin Or Rice Krispies   
With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend

24 Whole Grain Apple Cinnamon Muffin Or Cheerios   
With Whole Grain Honey Bear Graham Crackers Fresh Banana Fresh Melon Cup 100% Orange Juice Blend

25 Whole Grain Chocolate Chip Muffin Or Cinnamon Frosted Flakes   
With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Orange 100% Orange Juice Blend

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

27 Whole Grain Apple Cinnamon Muffin Or Cheerios   
With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Melon Cup 100% Orange Juice Blend

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



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.



**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.