

Welcome to our Breakfast Cafe at...

Mckinley Elementary School

September 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



<p>2</p>	<p>3</p> <p>Whole Grain Apple Cinnamon Crumb Muffin ✓ Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce Apple 100% Juice</p>	<p>4</p> <p>Whole Grain Chocolate Chip Muffin ✓ Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup Strawberry Cup 100% Juice Fruit Punch</p>	<p>5</p> <p>Whole Grain Banana Crumb Muffin ✓ Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Banana Apple Cherry 100% Juice</p>	<p>6</p> <p>Whole Grain Blueberry Muffin ✓ Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Strawberry Cup Fresh Banana 100% Orange Juice Blend</p>
<p>9</p> <p>Whole Grain Banana Crumb Muffin ✓ Or Apple Cinnamon Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Melon Cup 100% Orange Juice Blend</p>	<p>10</p> <p>Whole Grain Banana Crumb Muffin ✓ Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce Apple Cherry 100% Juice</p>	<p>11</p> <p>Whole Grain Chocolate Chip Muffin ✓ Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Apple Grape 100% Juice</p>	<p>12</p> <p>Whole Grain Blueberry Muffin ✓ Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Applesauce Strawberry Cup 100% Juice Fruit Punch</p>	<p>13</p> <p>Whole Grain Apple Cinnamon Crumb Muffin ✓ Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Banana</p>
<p>16</p> <p>Whole Grain Apple Cinnamon Crumb Muffin ✓ Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce 100% Orange Juice Blend</p>	<p>17</p> <p>Whole Grain Chocolate Chip Muffin ✓ Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Strawberry Cup Apple Cherry 100% Juice</p>	<p>18</p> <p>Whole Grain Blueberry Muffin ✓ Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup 100% Juice Fruit Punch</p>	<p>19</p> <p>Whole Grain Banana Crumb Muffin ✓ Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Banana Apple Grape 100% Juice</p>	<p>20</p> <p>Whole Grain Chocolate Chip Muffin ✓ Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce</p>
<p>23</p> <p>Whole Grain Banana Crumb Muffin ✓ Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup Apple 100% Juice</p>	<p>24</p> <p>Whole Grain Banana Crumb Muffin ✓ Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Applesauce Apple Grape 100% Juice</p>	<p>25</p> <p>Whole Grain Chocolate Chip Muffin ✓ Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange 100% Juice Fruit Punch</p>	<p>26</p> <p>Whole Grain Chocolate Chip Muffin ✓ Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Applesauce Fresh Banana 100% Orange Juice Blend</p>	<p>27</p> <p>Whole Grain Apple Cinnamon Crumb Muffin ✓ Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple</p>

SCHOOL CLOSED TODAY

Whitsons is proud to be a part of the Meatless Monday campaign, a national campaign that encourages students to enjoy a meat-free meal on Mondays.



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.