

Welcome to our Breakfast Cafe at...

Fairfield Middle Schools

January
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



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

8 Whole Grain Chocolate Chip Muffin ✓
Or Red. Sugar Cocoa Puffs ✓
With Whole Grain Honey Bear Graham Crackers
Blueberries
Fresh Orange
100% Orange Juice Blend

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

3 Whole Grain Chocolate Chip Muffin ✓
Or Cheerios ✓
With Whole Grain Honey Bear Graham Crackers
Fresh Banana
Fresh Orange
100% Orange Juice Blend

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

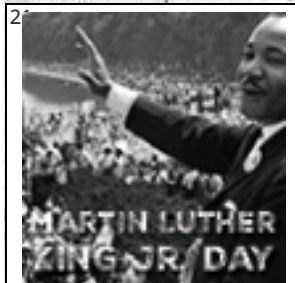
14 Whole Grain Chocolate Chip Muffin ✓
Or Apple Cinnamon Cheerios ✓
With Whole Grain Honey Bear Graham Crackers
Fresh Apple
Fresh Melon Cup
100% Orange Juice Blend

15 Whole Grain Apple Cinnamon Crumb Muffin ✓
Or Cinnamon Frosted Flakes ✓
With Whole Grain Honey Bear Graham Crackers
Fresh Orange
Cinnamon Applesauce
100% Orange Juice Blend

16 Whole Grain Blueberry Muffin ✓
Or Reduced Sugar Cinnamon Toast Crunch ✓
With Whole Grain Honey Bear Graham Crackers
Fresh Apple
Blueberries
100% Orange Juice Blend

17 Whole Grain Chocolate Chip Muffin ✓
Or Cheerios ✓
With Whole Grain Honey Bear Graham Crackers
Fresh Orange
Fresh Banana
100% Orange Juice Blend

**Early Dismissal
No Breakfast!**



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

23 Whole Grain Blueberry Muffin ✓
Or Reduced Sugar Cinnamon Toast Crunch ✓
With Whole Grain Honey Bear Graham Crackers
Fresh Apple
Blueberries
100% Orange Juice Blend

24 Whole Grain Chocolate Chip Muffin ✓
Or Cheerios ✓
With Whole Grain Honey Bear Graham Crackers
Fresh Orange
Fresh Banana
100% Orange Juice Blend

25 Whole Grain Apple Cinnamon Crumb Muffin ✓
Or Red. Sugar Cocoa Puffs ✓
With Whole Grain Honey Bear Graham Crackers
Fresh Melon Cup
Applesauce
100% Orange Juice Blend

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

29 Whole Grain Chocolate Chip Muffin ✓
Or Apple Cinnamon Cheerios ✓
With Whole Grain Honey Bear Graham Crackers
Fresh Banana
Pineapple
100% Orange Juice Blend

30 Whole Grain Apple Cinnamon Crumb Muffin ✓
Or Red. Sugar Cocoa Puffs ✓
With Whole Grain Honey Bear Graham Crackers
Fresh Apple
Fresh Orange
100% Orange Juice Blend

31 Whole Grain Banana Crumb Muffin ✓
Or Reduced Sugar Cinnamon Toast Crunch ✓
With Whole Grain Honey Bear Graham Crackers
Blueberries
Fresh Melon Cup
100% Orange Juice Blend



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



Breakfast Prices

Regular: \$1.50

Reduced: \$0.30

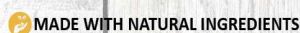
All breakfast choices include a variety of fresh, cupped fruit and a choice of low fat or fat free milk selection

Available Daily

Whole Grain Bagels with Low Fat Cream Cheese

Organic Fruit & Yogurt Parfaits

Assorted Whole Grain Muffins: Blueberry, Chocolate Chip, Banana, or Apple Cinnamon



*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.