

# Welcome to our Breakfast Cafe @

## Fairfield Middle Schools

March 2018

Monday

Tuesday

Wednesday

Thursday

Friday



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



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- MADE WITH ALL NATURAL INGREDIENTS
- PORK
- VEGAN

5 Blueberry Muffin   
Or Apple Cinnamon Cheerios   
With Whole Grain Honey  
Graham Crackers  
Fresh Apple  
Strawberry Cup  
100% Orange Juice Blend

6 Whole Grain Banana Muffin   
Or Cinnamon Frosted Flakes   
With Whole Grain Honey  
Graham Crackers  
Fresh Orange  
Cinnamon Applesauce  
100% Orange Juice Blend

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

1 Chocolate Chip Muffin   
Or Cheerios   
Whole Grain Honey  
Graham Crackers  
Fresh Banana  
Fresh Orange  
100% Orange Juice Blend

2 Blueberry Muffin   
Or Red. Sugar Cocoa Puffs   
With Whole Grain Honey  
Graham Crackers  
Fresh Apple  
Strawberry Cup  
100% Orange Juice Blend

12 Blueberry Muffin   
Or Apple Cinnamon Cheerios   
With Whole Grain Honey  
Graham Crackers  
Strawberry Cup  
Fresh Apple  
Fresh Strawberries  
100% Orange Juice Blend

13 **Early Dismissal!  
No Breakfast**

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

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

16 Whole Grain Apple Cinnamon Muffin   
Or Red. Sugar Cocoa Puffs   
With Whole Grain Honey  
Graham Crackers  
Fresh Apple  
Strawberry Cup  
100% Orange Juice Blend

19 Blueberry Muffin   
Or Apple Cinnamon Cheerios   
With Whole Grain Honey  
Graham Crackers  
Fresh Apple  
Strawberry Cup  
100% Orange Juice Blend

20 Whole Grain Banana Muffin   
Or Cinnamon Frosted Flakes   
With Whole Grain Honey  
Graham Crackers  
Fresh Orange  
Cinnamon Applesauce  
100% Orange Juice Blend

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

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

23 Blueberry Muffin   
Or Red. Sugar Cocoa Puffs   
With Whole Grain Honey  
Graham Crackers  
Fresh Orange  
Fresh Strawberries  
100% Orange Juice Blend

26 Blueberry Muffin   
Or Apple Cinnamon Cheerios   
With Whole Grain Honey  
Graham Crackers  
Fresh Apple  
Strawberry Cup  
100% Orange Juice Blend

27 Whole Grain Banana Muffin   
Or Cinnamon Frosted Flakes   
With Whole Grain Honey  
Graham Crackers  
Fresh Orange  
Cinnamon Applesauce  
100% Orange Juice Blend

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

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

30 **No School!**

### National School Breakfast Week!

### SIMPLY ROOTED™ in food and family

Did you know that all of our tuna is dolphin safe? It's true, also, our shelled eggs are cage-free (or pasture-raised when possible). This is because we are Simply Rooted™ in food and family



and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



#### 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.