

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.