

Welcome to our Breakfast Cafe at...

Fairfield Middle Schools

May
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



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

7 Whole Grain Blueberry Muffin
Or Red. Sugar Cocoa Puffs
With Whole Grain Honey Bear Graham Crackers
Mixed Berry Cup
100% Orange Juice Blend

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

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

10 Whole Grain Chocolate Chip Muffin
Or Cheerios
With Whole Grain Honey Bear Graham Crackers
Fresh Orange
Fresh Banana

13 Whole Grain Banana Crumb Muffin
Or Apple Cinnamon Cheerios
With Whole Grain Honey Bear Graham Crackers
Fresh Apple
100% Orange Juice Blend

14 Whole Grain Apple Cinnamon Crumb Muffin
Or Rice Krispies
With Whole Grain Honey Bear Graham Crackers
Fresh Banana
100% Orange Juice Blend

15 Whole Grain Blueberry Muffin
Or Reduced Sugar Cinnamon Toast Crunch
With Whole Grain Honey Bear Graham Crackers
Fresh Melon Cup
100% Orange Juice Blend

16 Whole Grain Chocolate Chip Muffin
Or Cheerios
With Whole Grain Honey Bear Graham Crackers
Mixed Berry Cup
100% Orange Juice Blend

17 Whole Grain Apple Cinnamon Crumb Muffin
Or Cinnamon Frosted Flakes
With Whole Grain Honey Bear Graham Crackers
Fresh Orange
Fresh Banana

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

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

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

23 Whole Grain Apple Cinnamon Crumb Muffin
Or Reduced Sugar Cinnamon Toast Crunch
With Whole Grain Honey Bear Graham Crackers
Applesauce
100% Orange Juice Blend

**Early Dismissal
No Breakfast!**



**SCHOOL
CLOSED
TODAY**

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

30 Whole Grain Chocolate Chip Muffin
Or Cheerios
With Whole Grain Honey Bear Graham Crackers
Fresh Apple
Fresh Orange
100% Orange Juice Blend

31 Whole Grain Apple Cinnamon Crumb Muffin
Or Reduced Sugar Cinnamon Toast Crunch
With Whole Grain Honey Bear Graham Crackers
Fresh Banana
Mixed Berry Cup



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



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

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.