

Welcome to our Breakfast Cafe @

Fairfield Middle Schools

June 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

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

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

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

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

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

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

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

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

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

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

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

18 Whole Grain Blueberry Muffin
Or Apple Cinnamon Cheerios
With Whole Grain Honey Bear Graham Crackers
Fresh Apple
Fresh Orange
100% Orange Juice Blend

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

20 **Early Dismissal
No Breakfast!**

21 **Early Dismissal
No Breakfast!**

22 **Enjoy your summer!**

25 **HARVEST**

26 **IT'S BRUNCH!
FOR LUNCH TIME**

27 **fooditude**

28 **FLAVES**

29 **FUEL**

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are moving towards phasing out processed foods and instead, offering more all natural, organic or non-GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com or scan our QR code for more information.



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.