

Welcome to our Breakfast Cafe at...

Fairfield Middle Schools

September 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



<p>2 </p>	<p>3 Whole Grain Blueberry Muffin ✓ Or Red. Sugar Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange 100% Orange Juice Blend</p>	<p>4 Whole Grain Chocolate Chip Muffin ✓ Or Rice Krispies ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple 100% Orange Juice Blend</p>	<p>5 Whole Grain Banana Crumb Muffin ✓ Or Apple Cinnamon Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Banana 100% Orange Juice Blend</p>	<p>6 Whole Grain Apple Cinnamon Crumb Muffin ✓ Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Orange</p>
<p>9 Whole Grain Chocolate Chip Muffin ✓ Or Apple Cinnamon Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup 100% Orange Juice Blend</p>	<p>10 Whole Grain Blueberry Muffin ✓ Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange 100% Orange Juice Blend</p>	<p>11 Whole Grain Banana Crumb Muffin ✓ Or Reduced Sugar Cinnamon Toast Crunch ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple 100% Orange Juice Blend</p>	<p>12 Whole Grain Apple Cinnamon Crumb Muffin ✓ Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Cinnamon Applesauce 100% Orange Juice Blend</p>	<p>13 Whole Grain Chocolate Chip Muffin ✓ Or Cheerios ✓ Whole Grain Honey Bear Graham Crackers Fresh Orange Fresh Banana</p>
<p>16 Whole Grain Banana Crumb Muffin ✓ Or Apple Cinnamon Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Blueberries 100% Orange Juice Blend</p>	<p>17 Whole Grain Apple Cinnamon Crumb Muffin ✓ Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup 100% Orange Juice Blend</p>	<p>18 Whole Grain Blueberry Muffin ✓ Or Reduced Sugar Cinnamon Toast Crunch ✓ With Whole Grain Honey Bear Graham Crackers Fresh Banana 100% Orange Juice Blend</p>	<p>19 Whole Grain Chocolate Chip Muffin ✓ Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple 100% Orange Juice Blend</p>	<p>20 Whole Grain Apple Cinnamon Crumb Muffin ✓ Or Cinnamon Frosted Flakes ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Fresh Banana</p>
<p>23 Whole Grain Banana Crumb Muffin ✓ Or Red. Sugar Cocoa Puffs ✓ With Whole Grain Honey Bear Graham Crackers Fresh Melon Cup 100% Orange Juice Blend</p>	<p>24 Early Dismissal! No Breakfast!</p>	<p>25 Whole Grain Chocolate Chip Muffin ✓ Or Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Apple Fresh Orange 100% Orange Juice Blend</p>	<p>26 Whole Grain Apple Cinnamon Crumb Muffin ✓ Or Reduced Sugar Cinnamon Toast Crunch ✓ With Whole Grain Honey Bear Graham Crackers Applesauce 100% Orange Juice Blend</p>	<p>27 Whole Grain Banana Crumb Muffin ✓ Or Apple Cinnamon Cheerios ✓ With Whole Grain Honey Bear Graham Crackers Fresh Orange Fresh Banana</p>

SCHOOL CLOSED TODAY

Whitsons is proud to be a part of the Meatless Monday campaign, a national campaign that encourages students to enjoy a meat-free meal on Mondays.



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.