

# Welcome to our Breakfast Cafe at...

North Middlesex Ashby Elementary

February 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



- 1
- 1 - WW Bagel ✓
  - Lite Cream Cheese
  - 2 - Plain Donut ✓
  - 3 - Red. Sugar Cocoa Puffs ✓
  - Red. Sugar Cocoa Puffs ✓
  - Sliced Oranges
  - Dried Cranberries
  - Apple 100% Juice

- 4
- 1 - Strawberry Banana Yogurt Cup
  - With Animal Crackers
  - 2 - Plain Donut ✓
  - 3 - Rice Krispies ✓
  - Fresh Empire Apple
  - Sliced Peaches
  - 100% Juice Fruit Punch

- 5
- 1 - Whole Grain Apple Cinnamon Crumb Muffin ✓
  - 2 - Plain Donut ✓
  - 3 - Red. Sugar Apple Jacks ✓
  - Diced Pear Cup
  - Strawberry Cup
  - Orange Juice

- 6
- 1 - Honey Bun ✓
  - 2 - Plain Donut ✓
  - 3 - Red. Sugar Frosted Flakes ✓
  - Sliced Pears
  - Fresh Orange
  - Apple 100% Juice

- 7
- 1 - Whole Grain Blueberry Muffin ✓
  - 2 - Plain Donut ✓
  - 3 - Gluten Free Rice Chex Cereal ✓
  - Blueberries
  - Fresh Banana
  - Apple Grape 100% Juice

- 8
- 1 - WW Bagel ✓
  - Lite Cream Cheese
  - 2 - Plain Donut ✓
  - 3 - Red. Sugar Cocoa Puffs ✓
  - Fresh Apple
  - Mixed Fruit
  - Orange Juice
- LET'S CELEBRATE! 100 Days of School

- 11
- 1 - Strawberry Banana Yogurt Cup
  - With Animal Crackers
  - 2 - Plain Donut ✓
  - 3 - Rice Krispies ✓
  - Fresh Empire Apple
  - Sliced Peaches
  - 100% Juice Fruit Punch

- 12
- 1 - Whole Grain Apple Cinnamon Crumb Muffin ✓
  - 2 - Plain Donut ✓
  - 3 - Red. Sugar Apple Jacks ✓
  - Diced Pear Cup
  - Strawberry Cup
  - Orange Juice

- 13
- 1 - Honey Bun ✓
  - 2 - Plain Donut ✓
  - 3 - Red. Sugar Frosted Flakes ✓
  - Sliced Peaches
  - Fresh Orange
  - Apple 100% Juice

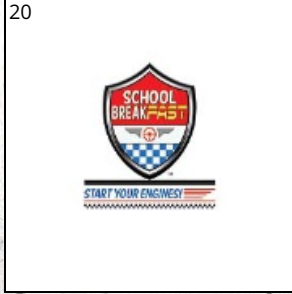
- 14
- 1 - Whole Grain Blueberry Muffin ✓
  - 2 - Plain Donut ✓
  - 3 - Gluten Free Rice Chex Cereal ✓
  - Strawberry Cup
  - Dried Cranberries
  - Apple Grape 100% Juice

- 15
- 1 - WW Bagel ✓
  - With Lite Cream Cheese
  - 2 - Plain Donut ✓
  - 3 - Red. Sugar Cocoa Puffs ✓
  - Sliced Oranges
  - Mixed Fruit
  - Apple 100% Juice

18

**President's Day**

No School



22

**SCHOOL CLOSED TODAY**

- 25
- 1 - Strawberry Banana Yogurt Cup
  - With Animal Crackers
  - 2 - Plain Donut ✓
  - 3 - Rice Krispies ✓
  - Fresh Empire Apple
  - Sliced Peaches
  - 100% Juice Fruit Punch

- 26
- 1 - Whole Grain Apple Cinnamon Crumb Muffin ✓
  - 2 - Plain Donut ✓
  - 3 - Red. Sugar Apple Jacks ✓
  - Strawberry Cup
  - Orange Juice

- 27
- 1 - Honey Bun ✓
  - 2 - Plain Donut ✓
  - 3 - Red. Sugar Frosted Flakes ✓
  - Diced Peach Cup
  - Sliced Pears
  - Apple 100% Juice

- 28
- 1 - Whole Grain Blueberry Muffin ✓
  - 2 - Plain Donut ✓
  - 3 - Gluten Free Rice Chex Cereal ✓
  - Organic Applesauce
  - Fresh Banana
  - Apple Grape 100% Juice



All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



**Breakfast Prices**

- Regular: \$1.35
- Reduced: \$0.40
- Adult: \$1.85

**Breakfast Includes:**

Fresh or Cupped Fruit, 100% Juice, Fat Free Skim Milk or Fat Free Chocolate Milk Cereal served with Whole Grain Jungle Crackers

If you have any questions or would like additional information regarding this menu please contact your food service director Michelle Curran at 978-597-8721

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.