

Welcome to our Breakfast Cafe @

North Middlesex Spaulding Elementary

September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



1
No School

4
Labor Day
No School

5
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Apple Jacks
Diced Pears
Orange Juice

6
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Frosted Flakes
Pre Cupped Applesauce
Apple 100% Juice

7
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Cocoa Puffs
Banana
Apple Grape 100% Juice

8
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Froot Loops
Raisins
Orange Juice

11
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Rice Krispies
Dried Cranberries
100% Juice Fruit Punch

12
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Apple Jacks
Diced Pears
Orange Juice

13
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Frosted Flakes
Pre Cupped Applesauce
Apple 100% Juice

14
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Cocoa Puffs
Banana
Apple Grape 100% Juice

15
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Froot Loops
Raisins
Orange Juice

18
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Rice Krispies
Dried Cranberries
100% Juice Fruit Punch

19
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Apple Jacks
Diced Pears
Orange Juice

20
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Frosted Flakes
Pre Cupped Applesauce
Apple 100% Juice

21
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Cocoa Puffs
Banana
Apple Grape 100% Juice

22
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Froot Loops
Raisins
Orange Juice

25
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Rice Krispies
Dried Cranberries
100% Juice Fruit Punch

26
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Apple Jacks
Diced Pears
Orange Juice

27
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Pre Cupped Applesauce
Apple 100% Juice

Early Release
Breakfast Served

28
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Cocoa Puffs
Banana
Apple Grape 100% Juice

29
WW Bagel
Lite Cream Cheese
Apple Cinnamon Muffin
Blueberry Muffin
Plain Donut
Red. Sugar Froot Loops
Raisins
Orange Juice

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com



or scan our QR code to see all that we are doing to keep our young customers healthy!



Breakfast Prices

Regular: \$1.35
Reduced: \$0.30
Adult: \$1.85

Available Daily

Breakfast includes 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 978-587-8721

*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. USDA is an equal opportunity provider, employer, and lender.