

# Welcome to our Breakfast Cafe @

Fairfield Elementary Schools

September 2016

Monday

Tuesday

Wednesday

Thursday

Friday

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



1  
 Cheerios  
 Bagel & Lite Cream Cheese  
 Apple Cinnamon Muffin  
 Banana  
 Fresh Orange  
 1% Milk  
 Skim Milk

2  
 Cinnamon Frosted Flakes  
 Bagel & Lite Cream Cheese  
 Blueberry Muffin  
 Empire Apple  
 Banana  
 1% Milk  
 Skim Milk

5  
**LABOR DAY NO SCHOOL**

6  
 Cheerios  
 Bagel & Lite Cream Cheese  
 Chocolate Chip Muffin  
 Banana  
 Fresh Orange  
 1% Milk  
 Skim Milk

7  
 Rice Krispies  
 Bagel & Lite Cream Cheese  
 Apple Cinnamon Muffin  
 Fresh Apple  
 Banana  
 1% Milk  
 Skim Milk

8  
 Rice Krispies  
 Bagel & Lite Cream Cheese  
 Apple Cinnamon Muffin  
 Banana  
 Fresh Apple  
 1% Milk  
 Skim Milk

9  
 Cheerios  
 Bagel & Lite Cream Cheese  
 Banana Muffin  
 Banana  
 Fresh Orange  
 1% Milk  
 Skim Milk

12  
 Cinnamon Frosted Flakes  
 Bagel & Lite Cream Cheese  
 Blueberry Muffin  
 Banana  
 Empire Apple  
 1% Milk  
 Skim Milk

13  
 Cheerios  
 Bagel & Lite Cream Cheese  
 Chocolate Chip Muffin  
 Fresh Apple  
 Banana  
 1% Milk  
 Skim Milk

14  
 Rice Krispies  
 Bagel & Lite Cream Cheese  
 Apple Cinnamon Muffin  
 Fresh Orange  
 Banana  
 1% Milk  
 Skim Milk

15  
 Rice Krispies  
 Bagel & Lite Cream Cheese  
 Chocolate Chip Muffin  
 Fresh Apple  
 Banana  
 1% Milk  
 Skim Milk

16  
 Cheerios  
 Bagel & Lite Cream Cheese  
 Apple Cinnamon Muffin  
 Diced Pears  
 Banana  
 1% Milk  
 Skim Milk

19  
 Cinnamon Frosted Flakes  
 Bagel & Lite Cream Cheese  
 Blueberry Muffin  
 Applesauce  
 Banana  
 1% Milk  
 Skim Milk

20  
 Cheerios  
 Bagel & Lite Cream Cheese  
 Banana Muffin  
 Banana  
 Fresh Orange  
 1% Milk  
 Skim Milk

21  
 Rice Krispies  
 Bagel & Lite Cream Cheese  
 Chocolate Chip Muffin  
 Banana  
 Fresh Apple  
 1% Milk  
 Skim Milk

22  
 Rice Krispies  
 Bagel & Lite Cream Cheese  
 Chocolate Chip Muffin  
 Banana  
 Fresh Orange  
 1% Milk  
 Skim Milk

23  
 Cheerios  
 Bagel & Lite Cream Cheese  
 Blueberry Muffin  
 Banana  
 Fresh Apple  
 1% Milk  
 Skim Milk

26  
 Cinnamon Frosted Flakes  
 Bagel & Lite Cream Cheese  
 Blueberry Muffin  
 Applesauce  
 Banana  
 1% Milk  
 Skim Milk

27  
 Cheerios  
 Bagel & Lite Cream Cheese  
 Banana Muffin  
 Fresh Orange  
 Empire Apple  
 1% Milk  
 Skim Milk

28  
 Rice Krispies  
 Bagel & Lite Cream Cheese  
 Chocolate Chip Muffin  
 Banana  
 Fresh Orange  
 1% Milk  
 Skim Milk

29  
 Cheerios  
 Bagel & Lite Cream Cheese  
 Blueberry Muffin  
 Fresh Apple  
 Banana  
 1% Milk  
 Skim Milk

30  
 Rice Krispies  
 Chocolate Chip Muffin  
 Bagel & Lite Cream Cheese  
 Banana  
 Fresh Apple  
 Skim Milk  
 1% Milk

We work hard to make sure all of our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. To learn more about nutrition related to athletics, visit

us at [www.Whitsons.com](http://www.Whitsons.com) or scan our QR code to see all that we are doing at your school to keep your child healthy!



**Breakfast Prices:**

**\$1.50 Full Price  
 \$0.30 Reduced Price**

All breakfast choices include a variety of fresh, cupped fruit and a choice of low fat or fat free milk selection

\*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.