

Welcome to our Breakfast Cafe @

Fairfield Holland Hill Elementary

September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



<p>4</p> <p>Labor Day No School</p>	<p>5</p> <p>Banana Muffin Or Rice Krispies With Honey Graham Belly Bears Fresh Orange Applesauce Low Fat Milk Skim Milk</p>	<p>6</p> <p>Apple Cinnamon Muffin Or Red. Sugar Cinnamon Toast Crunch With Honey Graham Belly Bears Fresh Apple Melon Cup Low Fat Milk Skim Milk</p>	<p>7</p> <p>Chocolate Chip Muffin Or Cheerios With Honey Graham Belly Bears Fresh Orange Banana Low Fat Milk Skim Milk</p>	<p>1</p> <p>Blueberry Muffin Or Red. Sugar Cocoa Puffs With Honey Graham Belly Bears Applesauce Banana Low Fat Milk Skim Milk</p>
<p>11</p> <p>Banana Muffin Or Red. Sugar Frosted Flakes With Honey Graham Belly Bears Fresh Orange Applesauce Low Fat Milk Skim Milk</p>	<p>12</p> <p>Apple Cinnamon Muffin Or Cinnamon Frosted Flakes With Honey Graham Belly Bears Fresh Apple Strawberries Low Fat Milk Skim Milk</p>	<p>13</p> <p>Chocolate Chip Muffin Or Red. Sugar Cinnamon Toast Crunch With Honey Graham Belly Bears Melon Cup Fresh Orange Low Fat Milk Skim Milk</p>	<p>14</p> <p>Blueberry Muffin Or Cheerios With Honey Graham Belly Bears Fresh Apple Banana Low Fat Milk Skim Milk</p>	<p>15</p> <p>Banana Muffin Or Rice Krispies With Honey Graham Belly Bears Applesauce Strawberries Low Fat Milk Skim Milk</p>
<p>18</p> <p>Apple Cinnamon Muffin Or Red. Sugar Frosted Flakes With Honey Graham Belly Bears Fresh Orange Applesauce Low Fat Milk Skim Milk</p>	<p>19</p> <p>Chocolate Chip Muffin Or Cinnamon Frosted Flakes With Honey Graham Belly Bears Fresh Apple Strawberries Low Fat Milk Skim Milk</p>	<p>20</p> <p>Blueberry Muffin Or Red. Sugar Cocoa Puffs With Honey Graham Belly Bears Applesauce Banana Low Fat Milk Skim Milk</p>	<p>21</p> <p>Rosh Hashanah No School</p>	<p>22</p> <p>Banana Muffin Or Red. Sugar Cinnamon Toast Crunch With Honey Graham Belly Bears Melon Cup Fresh Orange Low Fat Milk Skim Milk</p>
<p>25</p> <p>Apple Cinnamon Muffin Or Cheerios With Honey Graham Belly Bears Fresh Orange Applesauce Low Fat Milk Skim Milk</p>	<p>26</p> <p>Chocolate Chip Muffin Or Rice Krispies With Honey Graham Belly Bears Fresh Apple Strawberries Low Fat Milk Skim Milk</p>	<p>27</p> <p>Blueberry Muffin Or Red. Sugar Frosted Flakes With Honey Graham Belly Bears Melon Cup Banana Low Fat Milk Skim Milk</p>	<p>28</p> <p>Banana Muffin Or Cinnamon Frosted Flakes With Honey Graham Belly Bears Fresh Orange Applesauce Low Fat Milk Skim Milk</p>	<p>29</p> <p>Apple Cinnamon Muffin Or Red. Sugar Cocoa Puffs With Honey Graham Belly Bears Fresh Apple Strawberries Low Fat Milk Skim Milk</p>

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: \$1.50
Reduced: \$0.30

All breakfast choices include a variety of fresh fruit, cupped fruit, 100% fruit juice, and a choice of low fat or fat free milk selection

Alternate assorted cereals available: Whole Grain Cheerios, Whole Grain Rice Krispies, Whole Grain Reduced Sugar Cinnamon Toast Crunch, Whole Grain Reduced Sugar Frosted Flakes, Whole Grain Reduced Sugar Cinnamon Frosted Flakes, Whole Grain Reduced Sugar Cocoa Puffs, Whole Grain Reduced Sugar Apple Cinnamon Cheerios
Assorted whole grain muffins available: Banana, Blueberry, Apple Cinnamon, Chocolate Chip
Whole Wheat Bagel w/ Low Fat Cream Cheese Available Daily

*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.

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