

Welcome to our Breakfast Cafe @

Mckinley Elementary School

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday

2 Blueberry Muffin Or Red. Sugar Cinnamon Toast Crunch With Honey Graham Belly Bears Melon Cup Applesauce Low Fat Milk Skim Milk	3 Banana Muffin Or Cinnamon Frosted Flakes With Honey Graham Belly Bears Fresh Orange Strawberries Low Fat Milk Skim Milk	4 Apple Cinnamon Muffin Or Rice Krispies With Honey Graham Belly Bears Fresh Apple Fresh Banana Low Fat Milk Skim Milk	5 Chocolate Chip Muffin Or Red. Sugar Frosted Flakes With Honey Graham Belly Bears Melon Cup Fresh Orange Low Fat Milk Skim Milk	6 Blueberry Muffin Or Red. Sugar Cocoa Puffs With Honey Graham Belly Bears Applesauce Fresh Banana Low Fat Milk Skim Milk
9 Blueberry Muffin Or Apple Cinnamon Cheerios With Honey Graham Belly Bears Fresh Apple Strawberries Low Fat Milk Skim Milk	10 Banana Muffin Or Rice Krispies With Honey Graham Belly Bears Fresh Orange Applesauce Low Fat Milk Skim Milk	11 Apple Cinnamon Muffin Or Red. Sugar Cinnamon Toast Crunch With Honey Graham Belly Bears Fresh Apple Melon Cup Low Fat Milk Skim Milk	12 Chocolate Chip Muffin Or Cheerios With Honey Graham Belly Bears Fresh Orange Fresh Banana Low Fat Milk Skim Milk	13 Blueberry Muffin Or Rice Krispies With Honey Graham Belly Bears Fresh Apple Melon Cup Low Fat Milk Skim Milk
16 Banana Muffin Or Red. Sugar Frosted Flakes With Honey Graham Belly Bears Fresh Orange Applesauce Low Fat Milk Skim Milk	17 Apple Cinnamon Muffin Or Cinnamon Frosted Flakes With Honey Graham Belly Bears Fresh Apple Strawberries Low Fat Milk Skim Milk	18 Chocolate Chip Muffin Or Red. Sugar Cinnamon Toast Crunch With Honey Graham Belly Bears Melon Cup Fresh Orange Low Fat Milk Skim Milk	19 Blueberry Muffin Or Cheerios With Honey Graham Belly Bears Fresh Apple Fresh Banana Low Fat Milk Skim Milk	20 Banana Muffin Or Rice Krispies With Honey Graham Belly Bears Applesauce Strawberries Low Fat Milk Skim Milk
23 Apple Cinnamon Muffin Or Red. Sugar Frosted Flakes With Honey Graham Belly Bears Fresh Orange Applesauce Low Fat Milk Skim Milk	24 Chocolate Chip Muffin Or Cinnamon Frosted Flakes With Honey Graham Belly Bears Fresh Apple Strawberries Low Fat Milk Skim Milk	25 Blueberry Muffin Or Red. Sugar Cocoa Puffs With Honey Graham Belly Bears Applesauce Fresh Banana Low Fat Milk Skim Milk	26 Apple Cinnamon Muffin Or Cheerios With Honey Graham Belly Bears Melon Cup Strawberries Low Fat Milk Skim Milk	27 Banana Muffin Or Red. Sugar Cinnamon Toast Crunch With Honey Graham Belly Bears Melon Cup Fresh Orange Low Fat Milk Skim Milk
30 Apple Cinnamon Muffin Or Cheerios With Honey Graham Belly Bears Fresh Orange Applesauce Low Fat Milk Skim Milk	31 Chocolate Chip Muffin Or Rice Krispies With Honey Graham Belly Bears Fresh Apple Strawberries Low Fat Milk Skim Milk			

SIMPLY ROOTED™ in food and family

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural,

and organic or non-GMO, whenever possible.



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

Assorted 100% Fruit Juices Available: Apple Juice, Fruit