

Welcome to our Breakfast Cafe @

Mckinley Elementary School

November 2017

Monday

Tuesday

Wednesday

Thursday

Friday



6 Banana Muffin
Red. Sugar Frosted Flakes
Honey Graham Belly Bears
Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

7
**Election Day
No School**

8 Apple Cinnamon Muffin
Or Red. Sugar Cinnamon
Toast Crunch
With Honey Graham Belly
Bears
Fresh Apple
Melon Cup
Low Fat Milk
Skim Milk

9 Chocolate Chip Muffin
Or Cheerios
With Honey Graham Belly
Bears
Fresh Orange
Fresh Banana
Low Fat Milk
Skim Milk

10
**Veterans' Day
No School**

13 Banana Muffin
Or Red. Sugar Frosted
Flakes
With Honey Graham Belly
Bears
Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

14 Apple Cinnamon Muffin
Or Cinnamon Frosted
Flakes
With Honey Graham Belly
Bears
Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

15 Chocolate Chip Muffin
Or Red. Sugar Cinnamon
Toast Crunch
With Honey Graham Belly
Bears
Melon Cup
Fresh Orange
Low Fat Milk
Skim Milk

16 Blueberry Muffin
Or Cheerios
With Honey Graham Belly
Bears
Fresh Apple
Fresh Banana
Low Fat Milk
Skim Milk

17 Banana Muffin
Or Rice Krispies
With Honey Graham Belly
Bears
Applesauce
Strawberries
Low Fat Milk
Skim Milk

20 Apple Cinnamon Muffin
Or Red. Sugar Frosted
Flakes
With Honey Graham Belly
Bears
Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

21 Chocolate Chip Muffin
Or Cinnamon Frosted
Flakes
With Honey Graham Belly
Bears
Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

22 Blueberry Muffin
Or Red. Sugar Cocoa Puffs
With Honey Graham Belly
Bears
Applesauce
Fresh Banana
Low Fat Milk
Skim Milk

23
Happy Thanksgiving!

24

27 Apple Cinnamon Muffin
Or Cheerios
With Honey Graham Belly
Bears
Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

28 Chocolate Chip Muffin
Or Rice Krispies
With Honey Graham Belly
Bears
Fresh Apple
Strawberries
Low Fat Milk
Skim Milk

29 Blueberry Muffin
Or Red. Sugar Frosted
Flakes
With Honey Graham Belly
Bears
Melon Cup
Fresh Banana
Low Fat Milk
Skim Milk

30 Banana Muffin
Or Cinnamon Frosted
Flakes
With Honey Graham Belly
Bears
Fresh Orange
Applesauce
Low Fat Milk
Skim Milk

SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because 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