

Welcome to our Breakfast Cafe @

Fairfield Elementary Schools

October
2016

Monday

Rosh Hashana
No School

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

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

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

12 **Yom Kippur**
No School

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

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

National School Lunch Week

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

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

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

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

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

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

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

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

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

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

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


WHITSONS®
School Nutrition

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



Our menus are healthy, nutritious and flavorful. We select only the best ingredients for our meals, all the way down to the spices. La Flor Spices, family owned and operated like Whitsons, has been helping people like us create high quality food for over 50 years. Visit us at



www.whitsons.com
or scan our QR code
to learn more about
where we get the food
we serve!



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