

# Welcome to our Breakfast Cafe @

Mckinley Elementary School

December 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



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

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

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

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

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

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

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

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

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

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

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

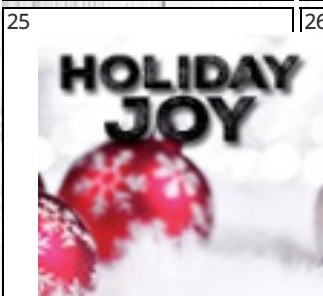
18 Apple Cinnamon Muffin  
Or Red. Sugar Frosted Flakes  
With Honey Graham Belly Bears  
Fresh Orange  
Applesauce  
Low Fat Milk  
Skim Milk

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

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

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

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



# Winter Break



**SIMPLY ROOTED™**  
*in food and family*

Our chicken products were raised without the use of non-therapeutic antibiotics. Plus, all of our chicken and pork products are hormone free. 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**

\*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. This institution is an equal opportunity provider.