

Welcome to our Breakfast Cafe @

Mckinley Elementary School

January 2018

Monday

Tuesday

Wednesday

Thursday

Friday



2 Banana Muffin
Or Cinnamon Frosted Flakes
With Honey Graham Belly Bears
Fresh Orange
Strawberries

3 Apple Cinnamon Muffin
Or Rice Krispies
With Honey Graham Belly Bears
Fresh Apple
Fresh Banana

4

5

Snow Days!

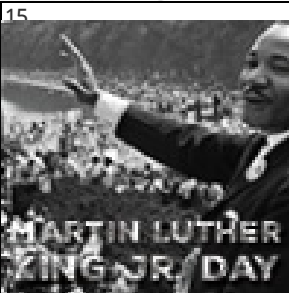
8 Blueberry Muffin
Or Apple Cinnamon Cheerios
With Honey Graham Belly Bears
Fresh Apple
Strawberries

9 Banana Muffin
Or Rice Krispies
With Honey Graham Belly Bears
Fresh Orange
Applesauce

10 Apple Cinnamon Muffin
Or Red. Sugar Cinnamon Toast Crunch
With Honey Graham Belly Bears
Fresh Apple
Melon Cup

11 Chocolate Chip Muffin
Or Cheerios
With Honey Graham Belly Bears
Fresh Orange
Fresh Banana

12 Blueberry Muffin
Or Rice Krispies
With Honey Graham Belly Bears
Fresh Apple
Melon Cup



16 Apple Cinnamon Muffin
Or Cinnamon Frosted Flakes
With Honey Graham Belly Bears
Fresh Apple
Strawberries

17 Chocolate Chip Muffin
Or Red. Sugar Cinnamon Toast Crunch
With Honey Graham Belly Bears
Melon Cup
Fresh Orange

18 Blueberry Muffin
Or Cheerios
With Honey Graham Belly Bears
Fresh Apple
Fresh Banana

19 Banana Muffin
Or Rice Krispies
With Honey Graham Belly Bears
Applesauce
Strawberries

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

23 Chocolate Chip Muffin
Or Cinnamon Frosted Flakes
With Honey Graham Belly Bears
Fresh Apple
Strawberries

24 Blueberry Muffin
Or Red. Sugar Cocoa Puffs
With Honey Graham Belly Bears
Applesauce
Fresh Banana

25 Apple Cinnamon Muffin
Or Cheerios
With Honey Graham Belly Bears
Melon Cup
Strawberries

26 Banana Muffin
Or Red. Sugar Cinnamon Toast Crunch
With Honey Graham Belly Bears
Melon Cup
Fresh Orange

29 Apple Cinnamon Muffin
Or Cheerios
With Honey Graham Belly Bears
Fresh Orange
Applesauce

30 Chocolate Chip Muffin
Or Rice Krispies
With Honey Graham Belly Bears
Fresh Apple
Strawberries

31 Blueberry Muffin
Or Red. Sugar Cocoa Puffs
With Honey Graham Belly Bears
Applesauce
Fresh Banana

WHITSON'S
School Nutrition

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

VEGETARIAN MADE WITH ORGANIC INGREDIENTS
 MADE WITH ALL NATURAL INGREDIENTS P PORK VEGAN

SIMPLY ROOTED™ in food and family

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve



to our young customers. Our ingredients 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

*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.