

# Welcome to our Breakfast Cafe @

## Early Childhood Center #4

May  
2018

Monday

Tuesday

Wednesday

Thursday

Friday



1 Pancakes & Sausage Syrup  
Strawberry Cup

2 Whole Grain Banana Muffin  
Fresh Orange

3 French Toast Slices  
With Syrup  
Fresh Banana

4 Blueberry Muffin  
Pineapple

7 Whole Grain Banana Muffin  
Fresh Pear

8 Pancakes & Sausage Syrup  
Diced Peach Cup  
  
Whole Grain Panckes

9 Chocolate Chip Muffin  
Fresh Orange

10 Fluffy Waffles  
Fresh Apple  
  
Whole Grain Waffles

11 French Toast Slices  
Fresh Grapes  
  
Whole Grain French Toast

14 Blueberry Muffin  
Pineapple

15 Fluffy Pancakes  
Applesauce  
  
Whole Grain Pancakes

16 Whole Grain Banana Muffin  
Fresh Orange

17 French Toast Slices  
With Syrup  
Fresh Banana  
  
Whole Grain French Toast

18 Waffles with Sausage  
Fresh Pear

21 Whole Grain Banana Muffin  
Fresh Pear

22 Fluffy Pancakes  
Diced Peach Cup  
  
Whole Grain Pancake

23 Chocolate Chip Muffin  
Fresh Orange

24 French Toast Slices  
With Syrup  
Fresh Banana

25 Waffles with Sausage  
Pineapple  
  
Whole Grain Waffles

28  
  
Memorial Day  
  
SUMMER MEAL SERVICES  
Five Towns Community Center 561.239.6244  
270 Lawrence Avenue

29 Fluffy Waffles  
Fresh Apple

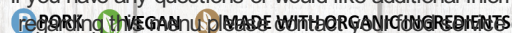
30 Chocolate Chip Muffin  
Fresh Orange

31 French Toast Slices  
With Syrup  
Fresh Banana  
  
Whole Grain French Toast



### SIMPLY ROOTED™ in food and family

We offer a variety of balanced choices to satisfy the needs of customers. This is because we are Simply Rooted™ in food and family and we care about our young customers. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



#### Breakfast Prices

Regular: \$2.00

Reduced: \$0.25

Breakfast is served in the cafe 1/2 hour prior to classes begin

#### Available Daily

Whole Grain Bagel with Low Fat Cream Cheese  
4oz Yogurt Meal served with Fruit and Grain choice

Assorted Whole Grain Reduced Sugar Cereals: Cinnamon Toast Crunch, Cheerios, Fruity Cheerios, Coco Puffs

All served with choice of whole grain bread, fat free or 1% white milk or Fat free flavored milk, 100% juices and fresh fruits

If you have any questions or would like additional information regarding this program, please contact the office

516.295.7040

\*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.