



Welcome to our Breakfast Cafe @ Primary School #2

January
2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Chocolate Chip Muffin Fresh Orange	3 Pancakes & Sausage Syrup Strawberry Cup Whole Grain Pancakes	4 Banana Muffin Fresh Red Grapes	5 Blueberry Muffin Pineapple
8 Banana Muffin Fresh Pear	9 Pancakes & Sausage Syrup Strawberry Cup Whole Grain Pancakes	10 Chocolate Chip Muffin Fresh Orange	11 Fresh Whole Wheat Bagel Cream Cheese Fresh Apple	12 French Toast Sticks Fresh Red Grapes Whole Grain French Toast
15 	16 Fresh Whole Wheat Bagel Cream Cheese Diced Peach Cup	17 Banana Muffin Fresh Orange	18 French Toast Sticks With Syrup Fresh Banana Whole Grain French Toast	19 Waffles with Sausage Pineapple Whole Grain Waffles
22 Chocolate Chip Muffin Sliced Apples	23 French Toast Sticks Syrup Melon Cup Whole Grain French Toast	24 Banana Muffin Fresh Red Grapes	25 Waffles with Sausage Syrup Fresh Orange Whole Grain Waffle	26 Blueberry Muffin Fresh Pear
29 Pancakes Fresh Orange Whole Grain Pancakes	30 French Toast Sticks Fresh Pear Whole Grain French Toast	31 Waffles Applesauce Whole Grain Waffles		

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: \$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 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 menu please contact your food service 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.