

Welcome to our Breakfast Cafe at...

North Middlesex Ashby Elementary

April
2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 1 - Strawberry Banana Yogurt Cup With Animal Crackers 2 - Plain Donut ✓ 3 - Rice Krispies ✓ Fresh Empire Apple Sliced Peaches 100% Juice Fruit Punch	2 1 - Whole Grain Apple Cinnamon Crumb Muffin ✓ 2 - Plain Donut ✓ 3 - Red. Sugar Apple Jacks ✓ Strawberry Cup Diced Pear Cup Orange Juice	3 1 - Honey Bun ✓ 2 - Plain Donut ✓ 3 - Red. Sugar Frosted Flakes ✓ Diced Peach Cup Fresh Orange Apple 100% Juice	4 1 - Whole Grain Blueberry Muffin ✓ 2 - Plain Donut ✓ 3 - Gluten Free Rice Chex Cereal ✓ Blueberries Fresh Banana Apple Grape 100% Juice	5 1 - WW Bagel ✓ Lite Cream Cheese 2 - Plain Donut ✓ 3 - Red. Sugar Cocoa Puffs ✓ Sliced Oranges Mixed Fruit Apple 100% Juice
8 1 - Strawberry Banana Yogurt Cup With Animal Crackers 2 - Plain Donut ✓ 3 - Rice Krispies ✓ Fresh Empire Apple Sliced Peaches 100% Juice Fruit Punch	9 1 - Whole Grain Apple Cinnamon Crumb Muffin ✓ 2 - Plain Donut ✓ 3 - Red. Sugar Apple Jacks ✓ Strawberry Cup Diced Pear Cup Orange Juice	10 1 - Honey Bun ✓ 2 - Plain Donut ✓ 3 - Red. Sugar Frosted Flakes ✓ Dried Cranberries Fresh Orange Apple 100% Juice	11 1 - Whole Grain Blueberry Muffin ✓ 2 - Plain Donut ✓ 3 - Gluten Free Rice Chex Cereal ✓ Blueberries Fresh Banana Apple Grape 100% Juice	12 1 - WW Bagel ✓ Lite Cream Cheese 2 - Plain Donut ✓ 3 - Red. Sugar Cocoa Puffs ✓ Mixed Fruit Sliced Oranges Apple 100% Juice
15 SCHOOL CLOSED TODAY	16	17	18	19 
22 1 - Strawberry Banana Yogurt Cup Animal Crackers 2 - Plain Donut ✓ 3 - Rice Krispies ✓ Fresh Empire Apple Sliced Peaches 100% Juice Fruit Punch	23 1 - Whole Grain Apple Cinnamon Crumb Muffin ✓ 2 - Plain Donut ✓ 3 - Red. Sugar Apple Jacks ✓ Diced Pear Cup Strawberry Cup Orange Juice	24 1 - Honey Bun ✓ 2 - Plain Donut ✓ 3 - Red. Sugar Frosted Flakes ✓ Fresh Orange Diced Peach Cup Apple 100% Juice	25 1 - Whole Grain Blueberry Muffin ✓ 2 - Plain Donut ✓ 3 - Gluten Free Rice Chex Cereal ✓ Organic Applesauce 🍏 Fresh Banana Apple Grape 100% Juice Blueberries	26 1 - WW Bagel ✓ Lite Cream Cheese 2 - Plain Donut ✓ 3 - Red. Sugar Cocoa Puffs ✓ Mixed Fruit Sliced Oranges Apple 100% Juice
29 1 - Strawberry Banana Yogurt Cup With Animal Crackers 2 - Plain Donut ✓ 3 - Rice Krispies ✓ Fresh Empire Apple Sliced Peaches 100% Juice Fruit Punch	30 1 - Whole Grain Apple Cinnamon Crumb Muffin ✓ 2 - Plain Donut ✓ 3 - Red. Sugar Apple Jacks ✓ Diced Pear Cup Strawberry Cup Orange Juice			

Spring Vacation !

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



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

Breakfast Prices

- Regular: \$1.35
- Reduced: \$0.40
- Adult: \$1.85

Breakfast Includes:

Fresh or Cupped Fruit, 100% Juice,
Fat Free Skim Milk or Fat Free Chocolate Milk
Cereal served with Whole Grain Jungle Crackers

If you have any questions or would like additional information regarding this menu please contact your food service director Michelle Curran at 978-597-8721



VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*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.