

# Welcome to our Breakfast Cafe @

AF Amistad Academy High School

June 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



**5**  
Grab & Go Cocoa Puffs Breakfast Pack  
Cocoa Puffs cereal pack, Honey Graham Crackers and 100% fruit juice with Fresh Apple

**6**  
Grab & Go Blueberry Muffin Pack  
Whole grain blueberry muffin and 100% fruit juice with Fresh Orange

**7**  
Grab & Go Cinnamon Toast Crunch Pack  
a Cinnamon Toast Crunch breakfast bowl and 100% Fruit Juice with Pear

**8**  
Grab & Go Apple Cinnamon Cheerios Pack  
apple Cinnamon Cheerio pack, chocolate Bear Grahams and 100% fruit juice with Banana

**9**  
Grab & Go Chocolate Chip Muffin Pack  
whole grain chocolate chip mini muffins with apple sauce with Fresh Apple

**12**  
Grab & Go Cocoa Puffs Breakfast Pack  
Cocoa Puffs cereal pack, Honey Graham Crackers and 100% fruit juice with Fresh Apple

**13**  
Grab & Go Blueberry Muffin Pack  
Whole grain blueberry muffin and 100% fruit juice with Fresh Orange

**14**  
Grab & Go Frosted Flakes Pack  
jungle crackers, 100% fruit punch and reduced sugar Frosted Flakes with Pear

**15**  
Grab & Go Cinnamon Toast Crunch Pack  
a Cinnamon Toast Crunch breakfast bowl and 100% Fruit Juice with Banana

**16**  
Grab & Go Chocolate Chip Muffin Pack  
whole grain chocolate chip mini muffins with apple sauce with Fresh Apple

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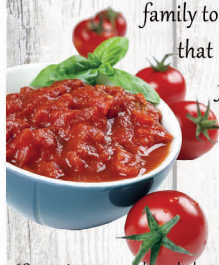
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Our menus are healthy, nutritious and flavorful, made from whole-some ingredients. This is why we've partnered with the Furmano family to bring your child great tasting tomato sauces that have been perfected for over four generations. Check us out at [www.Whitsons.com](http://www.Whitsons.com) or scan our QR code to see all that we are doing at your school to keep your child healthy!



All Breakfast selections are Whole Grain and Reduced Sugar. Breakfast Entrees include a Milk, Fresh Fruit and 100% Fruit Juice Selection.

Milk Variety includes 1% Low Fat White Milk and Fat Free White Milk

If you have any questions or comments, please contact Mary Filo, Food Service Director, at 203-772-7000, ext 28167

\*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. USDA is an equal opportunity provider, employer, and lender.