

Mount Clemens Elementary School Breakfast Menu March 2010



Use your Breakfast Club Frequent Buyer Card- enjoy 5 breakfasts to be eligible for prize drawings!

CHOICE OF SKIM OR LOW FAT MILK IS OFFERED WITH EACH BREAKFAST MEAL

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain Trix Cereal Bar With Yogurt Cup or Rice Kris pies Cereal Box or Raisins and Milk	2 Whole Grain, Low Sugar Strawberry Pop Tart or Cinnamon Toast Cereal 100% Fruit Juice and Milk	3 Whole Grain, Low Sugar Strawberry Pop Tart or Cinnamon Toast Cereal 100% Fruit Juice and Milk	4 Low Fat Strawberry Danimals Yogurt with Variety Granola Bars or Honey Nut Cheerios Cereal 100% Fruit Juice and Milk Raisins	5 Cinnamon Iced Bar With String Cheese or Trix reduced Sugar Cereal Fresh Fruit and milk
8 Whole Grain Trix Cereal Bar With Yogurt Cup or Rice Kris pies Cereal Box or Raisins and Milk	9 Chocolate Chip Power Alley Bar With String Cheese or Low Sugar Apple Jacks Cereal 100% Fruit Juice and Milk	10 NO SCHOOL	11 Low Fat Strawberry Danimals Yogurt with Variety Granola Bars or Honey Nut Cheerios Cereal 100% Fruit Juice and Milk Raisins	12 Cinnamon Iced Bar With String Cheese or Trix reduced Sugar Cereal Fresh Fruit and milk
15 Whole Grain Trix Cereal Bar With Yogurt Cup or Rice Kris pies Cereal Box or Raisins and Milk	16 Chocolate Chip Power Alley Bar With String Cheese or Low Sugar Apple Jacks Cereal 100% Fruit Juice and Milk	17 Whole Grain, Low Sugar Strawberry Pop Tart or Cinnamon Toast Cereal 100% Fruit Juice and Milk	18 Low Fat Strawberry Danimals Yogurt with Variety Granola Bars or Honey Nut Cheerios Cereal 100% Fruit Juice and Milk Raisins Raisins	19 Cinnamon Iced Bar With String Cheese or Trix reduced Sugar Cereal Fresh Fruit and Milk
22 Whole Grain Trix Cereal Bar With Yogurt Cup or Rice Kris pies Cereal Box or Raisins and Milk	23 Chocolate Chip Power Alley Bar With String Cheese or Low Sugar Apple Jacks Cereal 100% Fruit Juice and Milk	24 Whole Grain, Low Sugar Strawberry Pop Tart or Cinnamon Toast Cereal 100% Fruit Juice and Milk	25 Low Fat Strawberry Danimals Yogurt with Variety Granola Bars or Honey Nut Cheerios Cereal 100% Fruit Juice and Milk Raisins Raisins	26 Cinnamon Iced Bar With String Cheese or Trix reduced Sugar Cereal Fresh Fruit and milk
29 Whole Grain Trix Cereal Bar With Yogurt Cup or Rice Kris pies Cereal Box or Raisins and Milk	30 Chocolate Chip Power Alley Bar With String Cheese or Low Sugar Apple Jacks Cereal 100% Fruit Juice and Milk	31 Whole Grain, Low Sugar Strawberry Pop Tart or Cinnamon Toast Cereal 100% Fruit Juice and Milk	Elementary Supervisors : (586) 469 6100 King Academy- Donna Stouder: Ext 1113 Seminole - Valerie Hagan: Ext 1913 Washington- Lisa Marks: Ext 1846 Alexander Macomb- Michele Milikan: Ext 1713	



Part of making healthy diet choices means making 1/2 of your grains whole. Breakfast is a great opportunity to meet your daily whole grain requirements!

Alternate Breakfast Available Daily

Cereal Bowl

We offer a variety of kid-friendly cereal choices meeting our nutritional criteria of ≤ 5 grams of sugar OR ≥ 3 grams of fiber per serving

-AND-

Choice Of One:



- Bagel w/ Light Cream Cheese & Fruit Spread
- Graham Crackers
- Part Skim Sting Cheese Stick
- Low Fat Yogurt Cup

Offered w/ Featured Fruit or Juice Sides
AND Skim or Low Fat Milk

