




Fairview Breakfast

September

2018

InSeason! Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are chock-full of antioxidants.



Grapes are a kind of berry. They have a leathery covering and a fleshy inside, similar to blueberries.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Bacon egg & cheese breakfast sandwich	04 Cinnamon French toast	05 Breakfast platter Egg, sausage & English muffin	06 Mini pancake wraps	07 Cinnamon Dutch Waffle
10 Bacon egg & cheese breakfast sandwich	11 Cinnamon French toast	12 Breakfast platter Egg, sausage & English muffin	13 Mini pancake wraps	14 Cinnamon Dutch Waffle
17 Bacon egg & cheese breakfast sandwich	18 Cinnamon French toast	19 Breakfast platter Egg, sausage & English muffin	20 Mini pancake wraps	21 Cinnamon Dutch Waffle
24 Bacon egg & cheese breakfast sandwich	25 Cinnamon French toast	26 Breakfast platter Egg, sausage & English muffin	27 Mini pancake wraps	28 Cinnamon Dutch Waffle

Announcements

Daily breakfast options:

- Oatmeal
- Grab & go breakfast bag
- Cereal
- Yogurt Parfait

Meal Prices

Students & Adults:

\$1.55