

Welcome to our Breakfast Cafe @

Fairfield High Schools

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday

WHITSON'S School Nutrition
FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- PORK
- VEGAN
- MADE WITH ALL NATURAL INGREDIENTS

1 Bacon, Egg and Cheese Breakfast Sandwich
 Crispy Tator Tots
 Fresh Apple
 Fresh Grapes
 100% Orange Juice Blend

2 Waffles with Sausage
 Crispy Tator Tots
 Fresh Orange
 Strawberries
 100% Orange Juice Blend

5 WG French Toast Slices
 Sausage Patty
 Crispy Tator Tots
 Fresh Orange
 Applesauce
 100% Orange Juice Blend

6 Egg and Cheese Sandwich
 Crispy Tator Tots
 Fresh Apple
 Fresh Melon Cup
 100% Orange Juice Blend

7

8 Bacon, Egg and Cheese Breakfast Sandwich
 Crispy Tator Tots
 Fresh Apple
 Fresh Grapes
 100% Orange Juice Blend

9 Waffles with Sausage
 Crispy Tator Tots
 Fresh Orange
 Fresh Banana
 100% Orange Juice Blend

12 WG French Toast Slices
 Sausage Patty
 Crispy Tator Tots
 Fresh Orange
 Applesauce
 100% Orange Juice Blend

13 Egg and Cheese Sandwich
 Crispy Tator Tots
 Fresh Apple
 Fresh Melon Cup
 100% Orange Juice Blend

14 Pancakes & Sausage
 Crispy Tator Tots
 Fresh Banana
 Pineapple
 100% Orange Juice Blend

15 **Early Dismissal!
 No Breakfast**

16 **No School!**



20 Egg and Cheese Sandwich
 Crispy Tator Tots
 Fresh Apple
 Fresh Melon Cup
 100% Orange Juice Blend

21 Pancakes & Sausage
 Crispy Tator Tots
 Fresh Banana
 Pineapple
 100% Orange Juice Blend

22 Bacon, Egg and Cheese Breakfast Sandwich
 Crispy Tator Tots
 Fresh Apple
 Fresh Grapes
 100% Orange Juice Blend

23 Waffles with Sausage
 Crispy Tator Tots
 Fresh Orange
 Strawberries
 100% Orange Juice Blend

26 WG French Toast Slices
 Sausage Patty
 Crispy Tator Tots
 Fresh Orange
 Applesauce
 100% Orange Juice Blend

27 Egg and Cheese Sandwich
 Crispy Tator Tots
 Fresh Apple
 Fresh Melon Cup
 100% Orange Juice Blend

28 Pancakes & Sausage
 Crispy Tator Tots
 Fresh Banana
 Pineapple
 100% Orange Juice Blend

SIMPLY ROOTED™ in food and family

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply



Rooted™ in food and family and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



Breakfast Prices

Regular: \$1.50
 Reduced: \$0.30

All breakfast choices include a variety of fresh, cupped fruit and a choice of low fat or fat free milk selection

Available Daily

Whole Grain Bagels with Low Fat Cream Cheese

Organic Fruit & Yogurt Parfaits

Assorted Whole Grain Muffins: Blueberry, Chocolate Chip, Banana, or Apple Cinnamon

*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.