

Welcome to our Breakfast Cafe at...

Huntington Flower Hill

November
2018

Monday

Tuesday

Wednesday

Thursday

Friday

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



5 Whole Grain French Toast Slices ✓
Mixed Fruit
Fresh Pear
Apple 100% Juice

**SCHOOL
CLOSED
TODAY**

7 Fluffy Whole Grain Waffles
warm whole grain waffles ✓
Diced Peaches
Fresh Apple

1 Plain Donut ✓
Diced Peaches
Fresh Pear

2 Egg and Cheese Sandwich
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese ✓
Fresh Apple
Mixed Fruit



13 Fluffy Whole Grain Pancakes ✓
Applesauce
Apple Cherry 100% Juice

14 Fluffy Whole Grain Waffles
warm whole grain waffles ✓
Applesauce
Fresh Banana
Apple Cherry 100% Juice

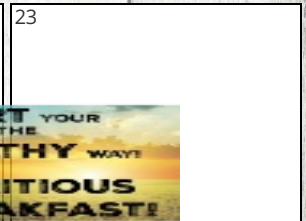
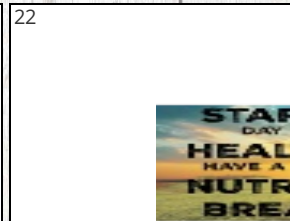
15 Plain Donut ✓
Diced Pear Cup
Apple 100% Juice

16 Egg and Cheese Sandwich
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese ✓
Mixed Fruit
Fresh Apple

19 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection ✓
Diced Peaches
Fresh Apple
Apple Cherry 100% Juice

20 Fluffy Whole Grain Pancakes
warm whole grain pancakes ✓
Applesauce
Fresh Banana

21 Fluffy Whole Grain Waffles
warm whole grain waffles ✓
Mixed Fruit
Fresh Pear
Apple 100% Juice



26 Whole Grain French Toast Slices ✓
Sliced Pears
Apple 100% Juice

27 Fluffy Whole Grain Pancakes
warm whole grain pancakes ✓
Applesauce
Fresh Banana
Apple 100% Juice

28 Fluffy Whole Grain Waffles
warm whole grain waffles ✓
Diced Pear Cup
Fresh Orange

29 Whole Grain Chocolate Chip Muffin ✓
Fresh Apple
Apple Cherry 100% Juice

30 Egg and Cheese Sandwich ✓
Applesauce
Apple Cherry 100% Juice



Whitsons is committed to the Farm-to-School movement and serving wholesome, high-quality meals prepared with fresh, locally sourced ingredients. Did you know that Whitsons sources an average of 52% of our total product mix locally?



Breakfast Prices

Regular: \$1.90

Reduced: .25

All breakfast items are served with choice of fat free or low fat milk, assorted 100% fruit juice, and fresh and cupped fruits
Condiments

Available Daily

- Whole grain bagel w/ butter or low fat cream cheese
- Yogurt Parfait - Low Fat Vanilla Organic yogurt with Granola and Fruit
- 4oz Strawberry Banana yogurt with Granola
- Assorted Reduced Sugar Whole Grain Cereals served with String Cheese.
- Cinnamon Toast Crunch, Coco Puffs, Frosted Flakes, Fruit Loops, Trix,, Cheerios,

If you have any questions or would like additional information regarding this menu please contact your food service director at 621-673-2018



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.