

# Welcome to our Breakfast Cafe at...

## Huntington High School

# January 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



2 Sausage, Egg and Cheese Sandwich  
*a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese* P  
Fresh Pear  
Applesauce

3 Ham & Cheese Bagel Melt  
*ham and melted cheese on a bagel* P  
Sliced Peaches  
Fresh Banana

4 Bacon, Egg and Cheese Breakfast Sandwich  
*warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese*  
Mixed Fruit  
Fresh Apple

7 Whole Grain French Toast Slices  
*whole grain slices of French toast baked to perfection* V  
Mixed Fruit  
Fresh Pear

8 Fluffy Whole Grain Pancakes  
*warm whole grain pancakes* V  
Applesauce  
Fresh Orange

9 Sausage, Egg and Cheese Sandwich  
*a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese*  
Diced Peaches  
Fresh Apple

10 Ham & Cheese Bagel Melt  
*ham and melted cheese on a bagel* P  
Fresh Orange  
Diced Pear Cup

11 Bacon, Egg and Cheese Breakfast Sandwich  
*warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese*  
Mixed Fruit  
Fresh Banana

14 Whole Grain French Toast Slices  
*whole grain slices of French toast baked to perfection* V  
Mixed Fruit  
Fresh Apple

15 Fluffy Whole Grain Pancakes  
*warm whole grain pancakes* V  
Fresh Orange  
Diced Peaches

16 Sausage, Egg and Cheese Sandwich  
*a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese*  
Applesauce  
Fresh Pear

17 Ham & Cheese Bagel Melt  
*ham and melted cheese on a bagel* P  
Diced Pear Cup  
Fresh Banana

18 Bacon, Egg and Cheese Breakfast Sandwich  
*warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese*  
Mixed Fruit  
Fresh Apple

21  
**SCHOOL CLOSED TODAY**

22  
**COLD BREAKFAST AVAILABLE**

23  
**REGENTS WEEK 1/22 - 1/25**

24

25

28 Whole Grain French Toast Slices  
*whole grain slices of French toast baked to perfection* V  
Fresh Apple  
Mixed Fruit

29 Fluffy Whole Grain Pancakes  
*warm whole grain pancakes* V  
Diced Pear Cup  
Fresh Orange

30 Sausage and Egg Sandwich  
*warm breakfast sandwich prepared in-house with fluffy eggs and savory sausage* P  
Fresh Pear  
Diced Peaches

31 Ham & Cheese Bagel Melt  
*ham and melted cheese on a bagel* P  
Fresh Banana  
Diced Peaches



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



### Breakfast Prices

Regular: \$1.90  
Reduced: \$.25

### Available Daily

Turkey Bacon, Egg and Cheese on a bun (HS)  
Whole Grain Bagel w/ butter or low fat cream cheese, Chocolate Chip Muffin  
Yogurt Parfait with Organic Vanilla Yogurt, Granola and Fruit  
Assorted Reduced Sugar W.G. Cereals: Cinnamon Toast Crunch, Fruit Loops, Coco Puffs, Trix Cheerios  
All served with String Cheese.  
All served with choice of, fat free or low fat milk, Juice and cupped and fresh fruits. Condiments.

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.