

Welcome to our Breakfast Cafe at...

Huntington High School

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 Banana

SCHOOL CLOSED TODAY

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

1 Ham & Cheese Bagel Melt *ham and melted cheese on a bagel* Diced Pear Cup Sliced Peaches

2 Bacon, Egg and Cheese Breakfast Sandwich *warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese* Diced Pear Cup Fresh Orange

SCHOOL CLOSED TODAY

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

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

15 Ham & Cheese Bagel Melt *ham and melted cheese on a bagel* Sliced Peaches Fresh Pear

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

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

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

21 Sausage, Egg and Cheese Sandwich *a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese* Diced Pear Cup Fresh Orange

SCHOOL CLOSED TODAY

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26 Whole Grain French Toast Slices Fresh Apple Mixed Fruit

27 Fluffy Whole Grain Pancakes *warm whole grain pancakes* Sliced Peaches Fresh Pear

28 Sausage, Egg and Cheese Sandwich *a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese* Mixed Fruit Fresh Orange

29 Ham & Cheese Bagel Melt *ham and melted cheese on a bagel* Diced Pear Cup Fresh Apple

30 Bacon, Egg and Cheese Breakfast Sandwich Fresh Banana Mixed Fruit



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

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.