

Welcome to our Breakfast Cafe at...

Huntington High School

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Applesauce Fresh Pear	2 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Apple Mixed Fruit	3 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> P Diced Pear Cup Fresh Orange	4 Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Fresh Pear Diced Peaches	5 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Fresh Banana Applesauce
8 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Apple Mixed Fruit	9 Homemade Waffles <i>fluffy made from scratch Belgian style waffles</i> ✓ Diced Peaches Fresh Pear	10 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> Applesauce Fresh Orange	11 Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Mixed Fruit Fresh Pear	12 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Diced Pear Cup Fresh Grapes
15 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Mixed Fruit Fresh Banana	16 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Mixed Fruit Fresh Apple	17 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> Diced Peaches Fresh Pear	18 Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Applesauce Fresh Orange (Contingency Day)	19 SCHOOL CLOSED TODAY
22	23	24	25	26
<h1>SPRING RECESS</h1>				
29 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Diced Pear Cup Fresh Apple	30 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit			

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more visit us at www.Whitsons.com or scan our QR code to see all that we are doing to keep our young customers healthy!



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

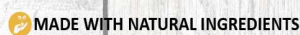


Breakfast Prices

Regular: \$1.90
Reduced: \$.25

Available Daily

Turkey Bacon ,Egg and Cheese on a bun (HS)
Whole Grain Bagel w/ butter or low fat creamcheese, 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.



*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.