

# Welcome to our Breakfast Cafe at...

## Huntington High School

September 2018

Monday

Tuesday

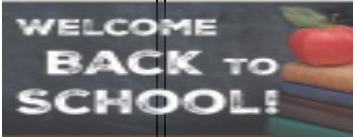


Wednesday

Thursday

Friday

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



<p>3</p> 	<p>4</p>	<p>5 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> Applesauce Fresh Pear</p>	<p>6 Ham &amp; Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Diced Pear Cup Fresh Orange</p>	<p>7 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Sliced Peaches Apple 100% Juice</p>
<p>10</p> 	<p>11</p>	<p>12 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> Mixed Fruit Apple 100% Juice</p>	<p>13 Ham &amp; Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Diced Pear Cup Fresh Apple</p>	<p>14 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Pineapple Cup Apple 100% Juice</p>
<p>17 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> V Sliced Peaches Apple 100% Juice</p>	<p>18 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> V Applesauce Fresh Orange</p>	<p>19</p> 	<p>20 Ham &amp; Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Mixed Fruit Fresh Pear</p>	<p>21 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Sliced Peaches Fresh Apple</p>
<p>24 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> V Mixed Fruit Fresh Apple</p>	<p>25 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> V Diced Pear Cup Apple 100% Juice</p>	<p>26 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> Applesauce Fresh Pear</p>	<p>27 Ham &amp; Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> P Mixed Fruit Fresh Apple</p>	<p>28 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i> Pineapple Cup Apple 100% Juice</p>



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.

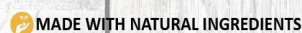


### Breakfast Prices

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 Yougurt, Granol and Fruit  
Assorted Reduced Sugar W.G. Cereals: Cinnamon Toast Crunch, Fruit Loops, Coco Puffs, Trix Cheerios, Rice Krispies. All served with Graham Crackers or 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.