

# Welcome to our Breakfast Cafe at...

Huntington Jack Abrams STEM

**January**  
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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

1  
**SCHOOL  
CLOSED  
TODAY**

2 Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Applesauce  
Fresh Pear

3 Plain Donut ✓  
Diced Peaches  
Mixed Fruit  
Fresh Banana

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

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

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

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

10 Whole Grain Chocolate Chip Muffin ✓  
Diced Pear Cup  
Fresh Orange

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

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

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

16 Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Applesauce  
Fresh Pear

17 Plain Donut ✓  
Diced Pear Cup  
Fresh Banana

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

21  
**SCHOOL  
CLOSED  
TODAY**

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

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

24 Whole Grain Chocolate Chip Muffin ✓  
Fresh Pear  
Diced Peaches

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

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

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

30 Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Fresh Pear  
Diced Peaches

31 Plain Donut ✓  
Diced Peaches  
Fresh Banana



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

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

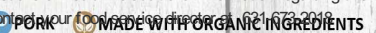
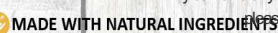
Yogurt Parfait - Low Fat Vanilla Organic yogurt with Granola and Fruit

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 621-673-2019



\*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.