

# Welcome to our Breakfast Cafe at...

Huntington Jack Abrams STEM

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 Pear  
Apple 100% Juice

SCHOOL  
CLOSED  
TODAY

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

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

9 Egg and Cheese Sandwich  
*warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese* ✓  
Diced Peaches  
Fresh Banana  
Apple 100% Juice



13 Fluffy Whole Grain Pancakes ✓  
Applesauce  
Apple Cherry 100% Juice

14 Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Applesauce  
Fresh Banana  
Apple Cherry 100% Juice

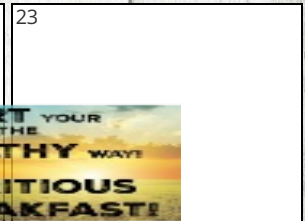
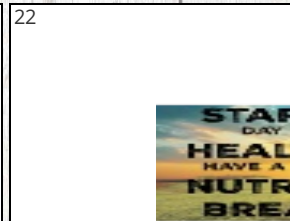
15 Plain Donut ✓  
Diced Pear Cup  
Apple 100% Juice

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

19 Whole Grain French Toast Slices  
*whole grain slices of French toast baked to perfection* ✓  
Diced Peaches  
Fresh Apple  
Apple Cherry 100% Juice

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

21 Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Mixed Fruit  
Fresh Pear  
Apple 100% Juice



26 Whole Grain French Toast Slices ✓  
Sliced Pears  
Apple 100% Juice

27 Fluffy Whole Grain Pancakes  
*warm whole grain pancakes* ✓  
Applesauce  
Fresh Banana  
Apple 100% Juice

28 Fluffy Whole Grain Waffles  
*warm whole grain waffles* ✓  
Diced Pear Cup  
Fresh Orange

29 Whole Grain Chocolate Chip Muffin ✓  
Fresh Apple  
Apple Cherry 100% Juice

30 Egg and Cheese Sandwich ✓  
Applesauce  
Apple Cherry 100% Juice



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

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 621-673-2018



\*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.