

# Welcome to our Breakfast Cafe at...

Huntington Jack Abrams STEM

June 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



<p>3 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Pear Diced Peaches</p>	<p>4 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Apple Mixed Fruit</p>	<p>5 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Orange Mango Slices</p>	<p>6 Plain Donut ✓ Applesauce Fresh Pear</p>	<p>7 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Banana Diced Pear Cup</p>
<p>10 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Mixed Fruit Fresh Apple</p>	<p>11 Whole Grain Chocolate Chip Muffin ✓ Fresh Pear Mixed Fruit</p>	<p>12 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Applesauce Fresh Orange</p>	<p>13 Plain Donut ✓ Fresh Apple Diced Peaches</p>	<p>14 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Strawberries Diced Pear Cup</p>
<p>17 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Banana Mixed Fruit</p>	<p>18 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Apple Mixed Fruit</p>	<p>19 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Orange Diced Peaches</p>	<p>20 Plain Donut ✓ Applesauce Fresh Pear</p>	<p>21 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Banana Diced Pear Cup</p>
<p>24 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Apple Diced Peaches</p>	<p>25 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Pear Mixed Fruit</p>	<p>26 Whole Grain Chocolate Chip Muffin ✓ Fresh Orange Applesauce</p>	<p>27 The USDA &amp; NYSED PARTNER IN MANY LOCAL COMMUNITIES TO SERVE MEALS WHEN SCHOOL IS NOT IN SESSION. WHERE AVAILABLE, FREE, HEALTHY MEALS ARE OFFERED TO ALL KIDS AND TEENS- 18 AND UNDER. CALL NYS 1-800-522-5006 TOLL FREE NUMBER TO FIND AN OPEN SITE NEAR YOU.</p>	<p>28</p>



Our back to basics approach has enabled us to get to the heart of what matters to our student customers when it comes to food. Serving wholesome great tasting food, and teaching students about food and nutrition, sets the stage for them to enjoy more enriching educational experiences around the foods they eat.



### 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, Fruit Loops, Trix,, Cheerios.

If you have any questions or would like additional information regarding this menu please contact your food service director at 631-673-2018



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.