

# Welcome to our Breakfast Cafe at...

## Huntington Jefferson

### April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Pear Applesauce	2 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Mixed Fruit Fresh Apple	3 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Pear Cup Fresh Orange	4 Plain Donut ✓ Diced Peaches Fresh Pear	5 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Applesauce Fresh Banana
8 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Apple Mixed Fruit	9 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Diced Peaches Fresh Pear	10 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Applesauce Fresh Orange	11 Whole Grain Chocolate Chip Muffin ✓ Fresh Pear Mixed Fruit	12 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Grapes Diced Pear Cup
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> ✓ Fresh Apple Mixed Fruit	17 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Pear Diced Peaches	18 Plain Donut ✓ Fresh Orange Applesauce  (Contingency Day)	19 <b>SCHOOL CLOSED TODAY</b>
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> ✓ Fresh Apple Diced Pear Cup	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](http://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

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.