

# Welcome to our Breakfast Cafe at...

## Huntington Washington

# 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 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Applesauce Fresh Pear</p>	<p>6 Chocolate Chip Yogurt Muffin Diced Pear Cup Fresh Orange</p>	<p>7 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Mixed Fruit Apple 100% Juice</p>
<p>10</p>	<p>11</p>	<p>12 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Diced Peaches Fresh Apple</p>	<p>13 Plain Donut ✓ Diced Peaches Fresh Pear</p>	<p>14 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Diced Pear Cup Apple 100% Juice</p>
<p>17 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Mixed Fruit Apple 100% Juice</p>	<p>18 Fluffy Whole Grain Pancakes ✓ Applesauce Fresh Orange</p>	<p>19</p>	<p>20 Whole Grain Apple Cinnamon Muffin ✓ Fresh Apple Diced Pear Cup</p>	<p>21 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Mixed Fruit Fresh Pear</p>
<p>24 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Diced Peaches Apple Cherry 100% Juice</p>	<p>25 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Applesauce Fresh Orange</p>	<p>26 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Mixed Fruit Apple 100% Juice</p>	<p>27 Plain Donut ✓ Diced Pear Cup Fresh Apple</p>	<p>28 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted 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

All breakfast items are served with choice of fat free or low fat milk, assorted 100% fruit juice, and fresh and cupped fruits

### 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 Graham Crackers
- Assorted Reduced Sugar Whole Grain Cereals served with Belly Bear Graham Crackers or String Cheese
- Cinnamon Toast Crunch, Coco Puffs, Frosted Flakes
- Apple Jacks, Fruit Loops, Trix, Rice Krispies, Cheerios



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.