

Welcome to our Breakfast Cafe at...

Huntington Woodhull Intermediate

January
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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

<p>1</p> <p>SCHOOL CLOSED TODAY</p>	<p>2</p> <p>Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Applesauce Fresh Pear</p>	<p>3</p> <p>Plain Donut ✓ Diced Peaches Mixed Fruit Fresh Banana</p>	<p>4</p> <p>Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Apple Mixed Fruit</p>
<p>7</p> <p>Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Mixed Fruit Fresh Pear</p>	<p>8</p> <p>Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Orange Applesauce</p>	<p>9</p> <p>Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Diced Peaches Fresh Apple</p>	<p>10</p> <p>Whole Grain Chocolate Chip Muffin ✓ Diced Pear Cup Fresh Orange</p>
<p>14</p> <p>Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Mixed Fruit Fresh Apple</p>	<p>15</p> <p>Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Peaches Fresh Orange</p>	<p>16</p> <p>Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Applesauce Fresh Pear</p>	<p>17</p> <p>Plain Donut ✓ Diced Pear Cup Fresh Banana</p>
<p>21</p> <p>SCHOOL CLOSED TODAY</p>	<p>22</p> <p>Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Orange Applesauce</p>	<p>23</p> <p>Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Apple Diced Peaches</p>	<p>24</p> <p>Whole Grain Chocolate Chip Muffin ✓ Fresh Pear Diced Peaches</p>
<p>28</p> <p>Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Mixed Fruit Fresh Apple</p>	<p>29</p> <p>Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Pear Cup Fresh Orange</p>	<p>30</p> <p>Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Pear Diced Peaches</p>	<p>31</p> <p>Plain Donut ✓ Diced Peaches Fresh Banana</p>



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

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.