

# Welcome to our Breakfast Cafe at...

Huntington Woodhull Intermediate

**October**  
2018

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1 Whole Grain French Toast Slices ✓  
Sliced Peaches  
Apple Cherry 100% Juice

2 Fluffy Whole Grain Pancakes ✓  
Mixed Fruit  
Apple 100% Juice

3 Fluffy Whole Grain Waffles  
warm whole grain waffles ✓  
Fresh Apple  
Mixed Fruit

4 Plain Donut ✓  
Applesauce  
Fresh Pear

5 Egg and Cheese Sandwich  
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese ✓  
Fresh Apple  
Mixed Fruit  
Apple 100% Juice

8

9 Fluffy Whole Grain Pancakes  
warm whole grain pancakes ✓  
Applesauce  
Apple Cherry 100% Juice

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

11 Plain Donut ✓  
Diced Peaches  
Fresh Orange

12 Egg and Cheese Sandwich  
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese ✓  
Diced Pear Cup  
Fresh Banana

15 Whole Grain French Toast Slices  
whole grain slices of French toast baked to perfection ✓  
Mixed Fruit  
Fresh Apple

16 Fluffy Whole Grain Pancakes ✓  
Applesauce  
Fresh Orange

17 Fluffy Whole Grain Waffles  
warm whole grain waffles ✓  
Diced Peaches  
Fresh Banana

18 Plain Donut ✓  
Fresh Apple  
Diced Pear Cup

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

22 Whole Grain French Toast Slices  
whole grain slices of French toast baked to perfection ✓  
Diced Peaches  
Fresh Pear

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

24 Fluffy Whole Grain Waffles  
warm whole grain waffles ✓  
Mixed Fruit  
Fresh Apple

25 Plain Donut ✓  
Diced Pear Cup  
Fresh Orange

26 Egg and Cheese Sandwich  
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese ✓  
Pineapple Cup  
Fresh Apple

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

30 Fluffy Whole Grain Pancakes  
warm whole grain pancakes ✓  
Diced Peaches  
Fresh Banana

31 Fluffy Whole Grain Waffles  
warm whole grain waffles ✓  
Mixed Fruit  
Fresh Orange

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



October is National Farm to School Month! Join us as we celebrate with food, nutrition education, school gardens and plates filled with healthy, natural ingredients!



### 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 Granola

Assorted Reduced Sugar Whole Grain Cereals served with 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.