

Welcome to our Breakfast Cafe at...

Huntington Woodhull Intermediate

March
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



1 Egg and Cheese Sandwich
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese ✓
Applesauce
Fresh Banana

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

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

6 Fluffy Whole Grain Pancakes
warm whole grain pancakes ✓
Applesauce
Fresh Orange

7 Whole Grain Chocolate Chip Muffin ✓
Fresh Pear
Mixed Fruit

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

Celebrate School Breakfast Week with Fun Activity Sheets and Stickers

11 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection ✓
Applesauce
Fresh Banana

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

13 Fluffy Whole Grain Pancakes
warm whole grain pancakes ✓
Fresh Pear
Diced Peaches

14 Plain Donut ✓
Fresh Orange
Applesauce

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

18 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection ✓
Applesauce
Fresh Orange

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

20 Fluffy Whole Grain Pancakes
warm whole grain pancakes ✓
Fresh Pear
Diced Peaches

21 Whole Grain Chocolate Chip Muffin ✓
Fresh Orange
Diced Pear Cup

22 Egg and Cheese Sandwich
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese ✓
Fresh Apple
Diced Peaches

25 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection ✓
Fresh Orange
Applesauce

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

27 Fluffy Whole Grain Pancakes
warm whole grain pancakes ✓
Diced Pear Cup
Fresh Orange

28 Plain Donut ✓
Fresh Apple
Diced Peaches

29 Egg and Cheese Sandwich ✓
Fresh Banana
Applesauce



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



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.