



Welcome to our Breakfast Cafe



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggabols promotion.



September 2022

Monday

Tuesday

Wednesday

Thursday

Friday

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



**WELCOME
BACK TO
SCHOOL!**

1 Apple Cinnamon Muffin
Fresh Apple

2 Egg and Cheese Sandwich
Turkey Sausage Patty
Fresh Banana



6 WG Chocolate Chip Muffin
Fresh Orange

7 Egg and Cheese Sandwich
Watermelon Slices

8 Whole Grain French Toast Slices
Syrup
Turkey Sausage Patty
Fresh Banana

9 WG Blueberry Muffin
Fresh Grapes

12 Bacon, Egg and Cheese Breakfast Sandwich
Fresh Pear
Turkey Bacon

13 WG Chocolate Chip Muffin
Fresh Orange

14 Egg and Cheese Sandwich
Diced Peach Cup

15 WG Blueberry Muffin
Fresh Apple

16 Fluffy Whole Grain Waffles
Syrup
Turkey Sausage Patty
Fresh Melon Cup

19 Bacon, Egg and Cheese Breakfast Sandwich
Fresh Apple
Turkey Bacon

20 WG Chocolate Chip Muffin
Fresh Orange

21 Egg and Cheese Sandwich
Fresh Pear

22 WG Blueberry Muffin
Fresh Orange

23 Egg and Cheese Sandwich
Turkey Sausage Patty
Pineapple

**SCHOOL
CLOSED
TODAY**

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28 Whole Grain French Toast Slices
Syrup
Turkey Sausage Patty
Fresh Banana

29 Egg and Cheese Sandwich
Turkey Sausage Patty
Pineapple

30 WG Blueberry Muffin
Fresh Apple

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*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.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA)

civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



Breakfast Prices

Free for all students

Adult: \$2.71 plus Tax

Breakfast is served in the Cafe between the hours of 7:20am and 8:00am

Available Daily :Whole grain bagel w/ low fat cream cheese or butter
Egg & Cheese on WG Bread/Rolls

4oz Yogurt with Fresh Fruit & Grain or Yogurt Parfait w/Granola & Fruit
Assorted Whole Grain Muffins

Whole Grain Reduced Sugar Cereals served with a
Mozzarella Cheese Stick and Graham Crackers

100% Concentrated Juice, Fat Free, 1% White Milk & FF
Chocolate Milk, all served with fresh fruits

