



# 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 Veggaböls promotion.



# September 2022

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

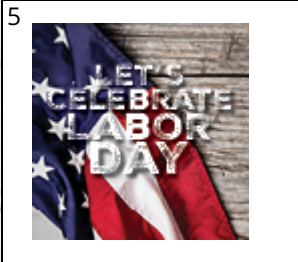
**Friday**

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



1 Sausage and Egg Sandwich  
100% Apple Juice

2 **SCHOOL CLOSED TODAY**



6 100% Apple Grape Juice  
Fluffy Whole Grain Waffles  
Syrup

7 Orange Juice  
Cinnamon Toast Crunch Cereal  
Animal Crackers

8 100% Apple Juice  
Scrambled Eggs with Cheese

9 Orange Juice  
Apple Cinnamon Smoothie

12 100% Apple Juice  
WW Breakfast Bun

13 100% Apple Grape Juice  
Whole Grain French Toast Slices  
Syrup

14 Orange Juice  
Homemade Muffins

15 100% Apple Juice  
Sausage and Egg Sandwich

16 Orange Juice  
Fruity Parfait

19 100% Apple Juice  
WW Breakfast Bun

20 100% Apple Grape Juice  
Reduced Sugar Trix  
Animal Crackers

21 Orange Juice  
Homemade Muffins

22 100% Apple Juice  
Red. Sugar Cocoa Puffs Cereal  
Animal Crackers

23 Orange Juice  
Animal Crackers  
Strawberry Banana Smoothie

26 100% Apple Juice  
WW Breakfast Bun

27 100% Apple Grape Juice  
Fluffy Whole Grain Waffles  
Syrup

28 **Professional Development Day**

29 100% Apple Juice  
Whole Grain French Toast Slices  
Syrup

30 Orange Juice  
Fruity Parfait  
Animal Crackers



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](http://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

Regular: \$1.50

Reduced: \$.30

All Breakfast are served with choice of low fat 1% milk, skim chocolate milk or Fat Free Milk

