



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

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



Monday

Tuesday

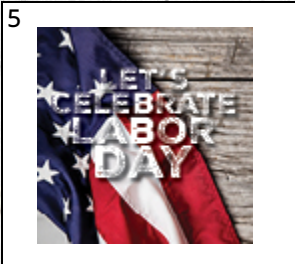
Wednesday

Thursday

Friday

1 Belgian Waffle Bites
Mixed Fruit

2 **SCHOOL CLOSED TODAY**



5 Sausage, Egg and Cheese Sandwich
Mixed Fruit

6 Homemade Muffins
Mixed Fruit

7 Ham, Egg and Cheese Sandwich P

8 Bacon, Egg and Cheese Corn Muffin Bowl P
Mixed Fruit

12 Homemade Muffins
Mixed Fruit
MEATLESS MONDAY

13 Fruity Parfait

14 Sausage, Egg & Cheese Burrito*
Mixed Fruit

15 Whole Grain French Toast Slices
Mixed Fruit

16 Ham, Egg and Cheese Sandwich P
Mixed Fruit

19 Homemade Muffins
Mixed Fruit
MEATLESS MONDAY

20 Whole Grain Waffles with Sausage
Mixed Fruit

21 Homemade Muffins
Apple Banana Smoothie

22 Sausage, Egg and Cheese Sandwich
Mixed Fruit

23 Homemade Muffins
Mixed Fruit

26 Homemade Muffins

27 Sausage, Egg & Cheese Burrito*
Sliced Peaches

28 **Professional Development Day**

29 Avocado Toast
Homemade Muffins
Mixed Fruit

30 Homemade Muffins
Mixed Fruit

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)



Breakfast Prices

Regular: \$1.75
Reduced: \$0.30

Breakfast is served in the café between the hours of 7:00 and 7:30am

Available Daily

Whole grain bagels w/ low fat cream cheese
Assorted Muffins: blueberry, chocolate chip or corn
Assorted Cereals
All served with choice of bread, fat free or low fat milk, assorted juices and fresh fruits

Vegetarian Made With Natural Ingredients Pork Smart Choice Made With Organic Ingredients
If you have any questions regarding this menu, please contact your food service director.