



# 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.



THE HUMANE SOCIETY OF THE UNITED STATES

# September 2022

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



# Timberlane Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

1 Homemade Muffins  
Mixed Fruit

2 **SCHOOL CLOSED TODAY**

5 **LET'S CELEBRATE LABOR DAY**

6 Sausage, Egg and Cheese Sandwich  
Mixed Fruit

7 Fruity Parfait

8 Egg & Bacon Wrap  
fluffy egg and crispy bacon wrapped in a tortilla  
100% Apple Juice

9 Whole Grain French Toast Slices  
Mixed Fruit

12 Homemade Muffins  
Raisins

**MEATLESS MONDAY**

13 Belgian Waffle Bites  
Mixed Fruit

14 Whole Grain French Toast Slices  
Mixed Fruit

15 Fruity Parfait  
Mixed Fruit

16 Homemade Muffins  
Mixed Fruit

19 WW Breakfast Bun  
Mixed Fruit

20 Homemade Muffins  
Mixed Fruit

21 Sausage, Egg and Cheese Sandwich  
Mixed Fruit

22 Belgian Waffle Bites  
Mixed Fruit

23 Homemade Muffins  
Mixed Fruit

26 Sausage, Egg and Cheese Sandwich  
Mixed Fruit

27 Whole Grain French Toast Slices  
Mixed Fruit

28 Professional Development Day

29 Homemade Muffins  
Mixed Fruit

30 Fruity Parfait



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: \$1.75

Reduced: \$ .30

### Available Daily

Whole grain bagels w/ low fat cream cheese  
Assorted Muffins: blueberry, or chocolate chip,

Assorted Cereals with Crackers

All served with choice of fat free plain or flavored milk or low fat plain milk, assorted juices, cupped and fresh fruits

