



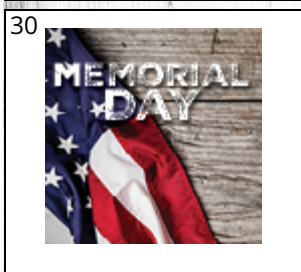
# Welcome to our Breakfast Cafe

# Timberlane Sandown Central Elementary

# May 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Homemade Waffles 100% Fruit Punch Juice Fresh Apple Mixed Fruit	3 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	4 Whole Grain French Toast Slices Mixed Fruit 100% Fruit Punch Juice	5 Sausage and Egg Sandwich Mixed Fruit 100% Apple Grape Juice	6 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
9 Homemade Waffles 100% Fruit Punch Juice Fresh Apple Mixed Fruit	10 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	11 Whole Grain French Toast Slices Mixed Fruit 100% Fruit Punch Juice	12 Sausage and Egg Sandwich Mixed Fruit 100% Apple Grape Juice	13 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
16 Homemade Waffles 100% Fruit Punch Juice Fresh Apple Mixed Fruit	17 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	18 Whole Grain French Toast Slices Mixed Fruit 100% Fruit Punch Juice	19 Sausage and Egg Sandwich Mixed Fruit 100% Apple Grape Juice	20 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice
23 Homemade Waffles Mixed Fruit Fresh Apple 100% Apple Grape Juice	24 Homemade Muffins Mixed Fruit 100% Fruit Punch Juice	25 Whole Grain French Toast Slices Mixed Fruit 100% Fruit Punch Juice	26 Sausage and Egg Sandwich Mixed Fruit 100% Apple Grape Juice	27 WW Breakfast Bun Mixed Fruit 100% Apple Grape Juice



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31 Homemade Muffins  
Mixed Fruit  
100% Fruit Punch Juice

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



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



### Breakfast Prices

Regular: Free

Reduced: \$0

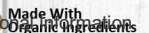
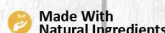
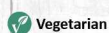
Breakfast is served in the cafe

### Available Daily

Whole grain bagels w/ low fat cream cheese, organic lowfat yogurt

Assorted Cereals with Crackers

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



\*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.