#### **Huntington Jack Abrams STEM**



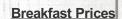
(14har	Monday	Tuesday	Wednesday	Thursday	Friday
2	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Pear Applesauce Syrup	3 Fluffy Whole Grain Waffles warm whole grain waffles Fresh Apple Mixed Fruit Syrup (Wedges)	4 Fluffy Whole Grain Pancakes warm whole grain pancakes Diced Pear Cup Fresh Orange Syrup (Wedges)	5 Plain Donut 🚱 Diced Peaches Fresh Pear	6 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Applesauce Fresh Banana
9	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Apple Mixed Fruit Syrup (Wedges)	10 Fluffy Whole Grain Waffles warm whole grain waffles Fresh Orange Mixed Fruit Syrup  (Wedges)	11 Fluffy Whole Grain Pancakes warm whole grain pancakes Fresh Grapefruit Applesauce Syrup  (Wedges)	12 Whole Grain Chocolate Chip Muffin @ Fresh Apple Mixed Fruit (Wedges)	13 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Fresh Peach Diced Pear Cup
16	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Banana Mixed Fruit Syrup	17 Fluffy Whole Grain Waffles warm whole grain waffles  Fresh Orange Mixed Fruit Syrup  (Wedges)	18 Fluffy Whole Grain Pancakes warm whole grain pancakes Diced Peaches Fresh Pear Syrup	19 Cinnamon Apple Overnight Oats (?) (?) Applesauce Fresh Orange  (Wedges)	20 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Diced Pear Cup Fresh Banana
23	School Breakfast	24	SLIDAY		START YOUR DAY THE HEALTHY WAY! HAVE A NUTRITIOUS BREAKFAST!
30		31	WHITSONS' School Notestion		

SCHOOL CLOSED TODAY

**SCHOOL** CLOSED TODAY

We are Simply Rooted $^{\text{TM}}$  in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.





Regular: \$1.90

All breakfast items are served with choice of fat free or low fat milk.



#### **Available Daily**

Whole grain bagel w/ butter or low fat cream cheese

Yogurt Parfait - Low Fat Vanilla Organic yogurt with Granola and Fruit

4oz Strawberry Banana yogurt with Granola

Assorted Reduced Sugar Whole Grain Cereals served

with

Propertied 100% fill interesting the last of the last \*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illnes capelially Enchan productions Men

**Huntington Woodhull Intermediate** 

2019

	Monday		Tuesday		Wednesday		Thursday		Friday
2	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Pear Applesauce Syrup	3	Fluffy Whole Grain Waffles warm whole grain waffles Fresh Apple Mixed Fruit Syrup (Wedges)	4 wa	Fluffy Whole Grain Pancakes arm whole grain pancakes Diced Pear Cup Fresh Orange Syrup (Wedges)	5	Plain Donut 🕜 Diced Peaches Fresh Pear	6	Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Applesauce Fresh Banana
9	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Apple Mixed Fruit Syrup (Wedges)	10	Fluffy Whole Grain Waffles warm whole grain waffles Fresh Orange Mixed Fruit Syrup  (Wedges)	11 wa	Fluffy Whole Grain Pancakes arm whole grain pancakes Fresh Grapefruit Applesauce Syrup (Wedges)	12	Whole Grain Chocolate Chip Muffin (2) Fresh Apple Mixed Fruit (Wedges)	1:	3 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Fresh Peach Diced Pear Cup
16	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Banana Mixed Fruit Syrup	17	Fluffy Whole Grain Waffles warm whole grain waffles Fresh Orange Mixed Fruit Syrup  (Wedges)	18 wa	Fluffy Whole Grain Pancakes arm whole grain pancakes Diced Peaches Fresh Pear Syrup	19	Cinnamon Apple Overnight Oats (2) (2) Applesauce Fresh Orange (Wedges)	20	O Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Diced Pear Cup Fresh Banana
23	School Breakfast	24	H		LIDAY			2	START YOUR DAY THE HEAVE A NUTRITIOUS BREAKFAST!
30	)	31							

SCHOOL CLOSED TODAY

SCHOOL CLOSED TODAY

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.





WHITSONS

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

**Breakfast Prices** 

Regular: \$1.90

All breakfast items are served with choice of fat free or low fat milk.

**Available Daily** 

Whole grain bagel w/ butter or low fat cream cheese

Yogurt Parfait - Low Fat Vanilla Organic yogurt with Granola and Fruit

4oz Strawberry Banana yogurt with Granola

Assorted Reduced Sugar Whole Grain Cereals served with

String Cheese. Secured 100% f Mide With e e illnes prografly in the production of itions.

### **Huntington Primary**



	Monday		Tuesday		Wednesday		Thursday		Friday
2	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Pear Applesauce Syrup	3	Fluffy Whole Grain Waffles warm whole grain waffles Fresh Apple Mixed Fruit Syrup (Wedges)	4		5	Plain Donut 🕜 Diced Peaches Fresh Pear	6 p	Egg and Cheese Sandwich warm breakfast sandwich repared in-house and topped with fluffy eggs and melted cheese Applesauce Fresh Banana
9	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Apple Mixed Fruit Syrup  (Wedges)	10	Fluffy Whole Grain Waffles warm whole grain waffles Fresh Orange Mixed Fruit Syrup (Wedges)	11 wa	Fluffy Whole Grain Pancakes arm whole grain pancakes Fresh Grapefruit Applesauce Syrup (Wedges)	12	Whole Grain Chocolate Chip Muffin Presh Apple Fresh Apple Mixed Fruit (Wedges)	13	Egg and Cheese Sandwich warm breakfast sandwich repared in-house and topped with fluffy eggs and melted cheese Fresh Peach Diced Pear Cup
16	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Banana Mixed Fruit Syrup	17	Fluffy Whole Grain Waffles warm whole grain waffles Fresh Orange Mixed Fruit Syrup (Wedges)	18 wa	Fluffy Whole Grain Pancakes arm whole grain pancakes Diced Peaches Fresh Pear Syrup	19	Cinnamon Apple Overnight Oats ( ) ( ) Applesauce Fresh Orange (Wedges)	20 p	Egg and Cheese Sandwich warm breakfast sandwich repared in-house and topped with fluffy eggs and melted cheese Diced Pear Cup Fresh Banana
23	School Breakfast	24	H	0	LIDAY			27	START YOUR DAY THE HEALTHY WAY! HAVE A NUTRITIOUS BREAKFAST!
30	× 100	31			W				Parks

SCHOOL CLOSED TODAY

or scan the QR code.

**SCHOOL** CLOSED TODAY

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com





WHITSONS

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

**Breakfast Prices** 

Regular: \$1.90

All breakfast items are served with choice of fat free or low fat milk,

**Available Daily** 

Whole grain bagel w/ butter or low fat cream cheese

Yogurt Parfait - Low Fat Vanilla Organic yogurt with Granola and Fruit

4oz Strawberry Banana yogurt with Granola

Assorted Reduced Sugar Whole Grain Cereals served

String Cheese. A Security 100% Mide With Country Natural Ingredients e illnes@speliafly & orthan probious podit

### **Huntington Flower Hill**



i della					A 4 - 4 - 4 - 4 - 4 - 4 - 4 - 4 - 4 - 4				
2	Monday Whole Grain French	3	Tuesday Fluffy Whole Grain	4	Wednesday Fluffy Whole Grain	5	Thursday Plain Donut	6	Friday Egg and Cheese
	Toast Slices whole grain slices of French toast baked to perfection Fresh Pear Applesauce Syrup		Waffles warm whole grain waffles Fresh Apple Mixed Fruit Syrup		Pancakes warm whole grain pancakes Diced Pear Cup Fresh Orange Syrup		Diced Peaches Fresh Pear		Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Applesauce
			(Wedges)		(Wedges)		Will Co. Co.		Fresh Banana
9	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Apple Mixed Fruit	10	) Fluffy Whole Grain Waffles warm whole grain waffles Fresh Orange Mixed Fruit Syrup	11	Fluffy Whole Grain Pancakes warm whole grain pancakes Fresh Grapefruit Applesauce Syrup	12	Whole Grain Chocolate Chip Muffin  Fresh Apple Mixed Fruit	13	Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese
00000	Syrup (Wedges)		(Wedges)		(Wedges)	11000	(Wedges)		Fresh Peach Diced Pear Cup
16	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Banana Mixed Fruit Syrup	17	7 Fluffy Whole Grain Waffles warm whole grain waffles Fresh Orange Mixed Fruit Syrup (Wedges)	18	Fluffy Whole Grain Pancakes warm whole grain pancakes Diced Peaches Fresh Pear Syrup	19	Cinnamon Apple Overnight Oats ( ) ( ) Applesauce Fresh Orange (Wedges)	20	Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Diced Pear Cup Fresh Banana
23	2	24	1	1	-	126	de de oriente de la tribia. Establica establica establica	27	A THEOREM AND SHARE THE STATE OF SHARE ASSESSMENT
23	BE A STAP	22	н		POY	,		21	START YOUR DAY THE HEALTHY WAY! HAVE A

30

31

SCHOOL CLOSED TODAY

or scan the QR code.

SCHOOL CLOSED TODAY

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com





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

#### **Breakfast Prices**

Regular: \$1.90

All breakfast items are served with choice of fat free or low fat milk,

#### **Available Daily**

Whole grain bagel w/ butter or low fat cream cheese

Yogurt Parfait - Low Fat Vanilla Organic yogurt with Granola and Fruit

4oz Strawberry Banana yogurt with Granola

Assorted Reduced Sugar Whole Grain Cereals served

researched 100% five Natural Ingredients e illnes gespedially if gut has producted the conditions

NUTRITIOUS BREAKFAST

### **Huntington Jefferson**



	Monday	Tuesday	Wednesday	Thursday	Friday
2	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Pear Applesauce Syrup	3 Fluffy Whole Grain Waffles Warm whole grain waffles Fresh Apple Mixed Fruit Syrup  (Wedges)	4 Fluffy Whole Grain Pancakes warm whole grain pancakes Diced Pear Cup Fresh Orange Syrup (Wedges)	5 Plain Donut @ Diced Peaches Fresh Pear	6 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Applesauce Fresh Banana
9	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Apple Mixed Fruit Syrup  (Wedges)	10 Fluffy Whole Grain Waffles Warm whole grain waffles Fresh Orange Mixed Fruit Syrup  (Wedges)	11 Fluffy Whole Grain Pancakes warm whole grain pancakes Fresh Grapefruit Applesauce Syrup  (Wedges)	12 Whole Grain Chocolate Chip Muffin (**) Fresh Apple Mixed Fruit (Wedges)	13 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Fresh Peach Diced Pear Cup
16	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Banana Mixed Fruit Syrup	17 Fluffy Whole Grain Waffles warm whole grain waffles Fresh Orange Mixed Fruit Syrup (Wedges)	18 Fluffy Whole Grain Pancakes warm whole grain pancakes Diced Peaches Fresh Pear Syrup	19 Cinnamon Apple Overnight Oats (2) (2) Applesauce Fresh Orange (Wedges)	20 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Diced Pear Cup Fresh Banana
23	School	24	SLIDAY		START YOUR DAY THE HEALTHY WAY! HAVE A NUTRITIOUS BREAKEAST!

SCHOOL CLOSED

TODAY

30

SCHOOL CLOSED TODAY

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and

31

non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.



**Breakfast Prices** 

Regular: \$1.90

All breakfast items are served with choice of fat free or low fat milk.

illnes@ppelially@gltha@podinoudppe



**Available Daily** 

Whole grain bagel w/ butter or low fat cream cheese

Yogurt Parfait - Low Fat Vanilla Organic yogurt with Granola and Fruit

4oz Strawberry Banana yogurt with Granola

Assorted Reduced Sugar Whole Grain Cereals served

Pork
Natural Ingredients Cinnamon Toast Crynchococo Puffs
Cinnamon Toast Crynchococo Puffs

#### **Huntington Washington**



			12 131		
	Monday	Tuesday	Wednesday	Thursday	Friday
2	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Pear Applesauce Syrup	3 Fluffy Whole Grain Waffles Warm whole grain waffles Fresh Apple Mixed Fruit Syrup (Wedges)	4 Fluffy Whole Grain Pancakes warm whole grain pancakes Diced Pear Cup Fresh Orange Syrup (Wedges)	5 Plain Donut @ Diced Peaches Fresh Pear	6 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Applesauce Fresh Banana
9	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Apple Mixed Fruit Syrup  (Wedges)	10 Fluffy Whole Grain Waffles warm whole grain waffles Fresh Orange Mixed Fruit Syrup (Wedges)	11 Fluffy Whole Grain Pancakes warm whole grain pancakes Fresh Grapefruit Applesauce Syrup (Wedges)	12 Whole Grain Chocolate Chip Muffin Fresh Apple Mixed Fruit  (Wedges)	13 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Fresh Peach Diced Pear Cup
16	Whole Grain French Toast Slices whole grain slices of French toast baked to perfection Fresh Banana Mixed Fruit Syrup	17 Fluffy Whole Grain Waffles warm whole grain waffles Fresh Orange Mixed Fruit Syrup  (Wedges)	18 Fluffy Whole Grain Pancakes warm whole grain pancakes @ Diced Peaches Fresh Pear Syrup	19 Cinnamon Apple Overnight Oats ( ) ( ) Applesauce Fresh Orange (Wedges)	20 Egg and Cheese Sandwich warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese Diced Pear Cup Fresh Banana
23	BE A STAP	24	SLIDAY		START YOUR DAY THE HEALTHY WAY!



HOLIDAY



30

SCHOOL CLOSED TODAY SCHOOL CLOSED TODAY

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever

31

possible. Check us out at www.Whitsons.com or scan the QR code.





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

**Breakfast Prices** 

Regular: \$1.90

All breakfast items are served with choice of fat free or low fat milk,

ree or low lat milk,

assorted 100% finite With each of Natural Ingredients

**Available Daily** 

Whole grain bagel w/ butter or low fat cream cheese

Yogurt Parfait - Low Fat Vanilla Organic yogurt with Granola and Fruit

4oz Strawberry Banana yogurt with Granola

Assorted Reduced Sugar Whole Grain Cereals served with

String Cheese.

Organic Ingredients

\*Concurring you or under cooked most moultry cooked challful or again may increase your rich of food how