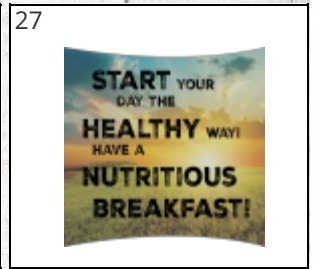


Welcome to our Breakfast Cafe at...

Huntington Jack Abrams STEM

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Pear Applesauce Syrup	3 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	4 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Pear Cup Fresh Orange Syrup (Wedges)	5 Plain Donut ✓ Diced Peaches Fresh Pear	6 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Applesauce Fresh Banana
9 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	10 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	11 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Grapefruit Applesauce Syrup (Wedges)	12 Whole Grain Chocolate Chip Muffin ✓ Fresh Apple Mixed Fruit (Wedges)	13 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Peach Diced Pear Cup
16 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Banana Mixed Fruit Syrup	17 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	18 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Peaches Fresh Pear Syrup	19 Cinnamon Apple Overnight Oats ✓ Applesauce Fresh Orange (Wedges)	20 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Diced Pear Cup Fresh Banana



30 SCHOOL CLOSED TODAY

31 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.



WHITSON'S
School Nutrition

Breakfast Prices

Regular: \$1.90

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

Presented 100% Made With Natural Ingredients

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

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.




Cinnamon Toast Crunch, Coco Puffs, Fruity Pebbles, etc.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially for high risk populations. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.

Welcome to our Breakfast Cafe at...

Huntington Woodhull Intermediate

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Pear Applesauce Syrup	3 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	4 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Pear Cup Fresh Orange Syrup (Wedges)	5 Plain Donut ✓ Diced Peaches Fresh Pear	6 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Applesauce Fresh Banana
9 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	10 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	11 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Grapefruit Applesauce Syrup (Wedges)	12 Whole Grain Chocolate Chip Muffin ✓ Fresh Apple Mixed Fruit (Wedges)	13 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Peach Diced Pear Cup
16 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Banana Mixed Fruit Syrup	17 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	18 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Peaches Fresh Pear Syrup	19 Cinnamon Apple Overnight Oats ✓ Applesauce Fresh Orange (Wedges)	20 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Diced Pear Cup Fresh Banana
23	24	25	26	27
				


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SCHOOL CLOSED TODAY

31

SCHOOL CLOSED TODAY

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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.

Vegetarian 100% Made With Natural Ingredients

Pork

Smart Choice

Made With Organic Ingredients

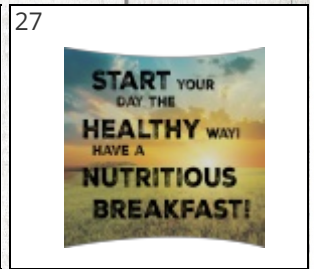
*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.

Welcome to our Breakfast Cafe at...

Huntington Primary

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Pear Applesauce Syrup	3 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	4 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Pear Cup Fresh Orange Syrup (Wedges)	5 Plain Donut ✓ Diced Peaches Fresh Pear	6 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Applesauce Fresh Banana
9 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	10 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	11 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Grapefruit Applesauce Syrup (Wedges)	12 Whole Grain Chocolate Chip Muffin ✓ Fresh Apple Mixed Fruit (Wedges)	13 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Peach Diced Pear Cup
16 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Banana Mixed Fruit Syrup	17 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	18 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Peaches Fresh Pear Syrup	19 Cinnamon Apple Overnight Oats ✓ Applesauce Fresh Orange (Wedges)	20 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Diced Pear Cup Fresh Banana



30 SCHOOL CLOSED TODAY

31 SCHOOL CLOSED TODAY

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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.




Vegetarian
 100% Made With Natural Ingredients
 Pork
 Smart Choice
 Made With Organic Ingredients

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Welcome to our Breakfast Cafe at...

Huntington Flower Hill


December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Pear Applesauce Syrup	3 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	4 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Pear Cup Fresh Orange Syrup (Wedges)	5 Plain Donut ✓ Diced Peaches Fresh Pear	6 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Applesauce Fresh Banana
9 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	10 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	11 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Grapefruit Applesauce Syrup (Wedges)	12 Whole Grain Chocolate Chip Muffin ✓ Fresh Apple Mixed Fruit (Wedges)	13 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Peach Diced Pear Cup
16 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Banana Mixed Fruit Syrup	17 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	18 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Peaches Fresh Pear Syrup	19 Cinnamon Apple Overnight Oats ✓ Applesauce Fresh Orange (Wedges)	20 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Diced Pear Cup Fresh Banana
23 	24 	25	26	27 

30 **SCHOOL CLOSED TODAY**

31 **SCHOOL CLOSED TODAY**

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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, and fresh hand topped.

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.

Vegetarian 

Made With 100% Natural Ingredients 

Pork  Smart Choice  Made With Organic Ingredients 




Cinnamon Toast Crunch, Yoco Puffs, Fruit Loops, etc.

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Welcome to our Breakfast Cafe at...

Huntington Jefferson

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Pear Applesauce Syrup	3 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	4 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Pear Cup Fresh Orange Syrup (Wedges)	5 Plain Donut ✓ Diced Peaches Fresh Pear	6 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Applesauce Fresh Banana
9 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	10 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	11 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Grapefruit Applesauce Syrup (Wedges)	12 Whole Grain Chocolate Chip Muffin ✓ Fresh Apple Mixed Fruit (Wedges)	13 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Peach Diced Pear Cup
16 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Banana Mixed Fruit Syrup	17 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	18 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Peaches Fresh Pear Syrup	19 Cinnamon Apple Overnight Oats ✓ Applesauce Fresh Orange (Wedges)	20 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Diced Pear Cup Fresh Banana
23 	24 	25	26	27 

30 **SCHOOL CLOSED TODAY**

31 **SCHOOL CLOSED TODAY**



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.



100% Made With Natural Ingredients



Cinnamon Toast Crunch



Fruit Loops, etc.



Organic Ingredients

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Welcome to our Breakfast Cafe at...

Huntington Washington

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Pear Applesauce Syrup	3 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	4 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Pear Cup Fresh Orange Syrup (Wedges)	5 Plain Donut ✓ Diced Peaches Fresh Pear	6 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Applesauce Fresh Banana
9 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Apple Mixed Fruit Syrup (Wedges)	10 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	11 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Fresh Grapefruit Applesauce Syrup (Wedges)	12 Whole Grain Chocolate Chip Muffin ✓ Fresh Apple Mixed Fruit (Wedges)	13 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Fresh Peach Diced Pear Cup
16 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> ✓ Fresh Banana Mixed Fruit Syrup	17 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> ✓ Fresh Orange Mixed Fruit Syrup (Wedges)	18 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> ✓ Diced Peaches Fresh Pear Syrup	19 Cinnamon Apple Overnight Oats ✓ Applesauce Fresh Orange (Wedges)	20 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> ✓ Diced Pear Cup Fresh Banana
23 	24 	25	26	27 

30 **SCHOOL CLOSED TODAY**

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WHITSON'S
School Nutrition

**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, and fresh apple sauce.

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.
- Cinnamon Toast Crunch Moco Puffs, Fruit & Yogurt



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Vegetarian
Made With Natural Ingredients
Pork
Smart Choice
Made With Organic Ingredients