

Welcome to our Breakfast Cafe at...

Huntington High School

December

2019

Monday

Tuesday

Wednesday

Thursday

Friday

2 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection ✓
Applesauce
Fresh Pear

3 Fluffy Whole Grain Waffles
warm whole grain waffles ✓
Mixed Fruit
Fresh Apple

4 Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese P
Diced Pear Cup
Fresh Orange

5 Ham & Cheese Bagel Melt
ham and melted cheese on a bagel P
Diced Peaches
Fresh Pear

6 Bacon, Egg and Cheese Breakfast Sandwich
warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese
Fresh Banana
Applesauce

9 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection
Mixed Fruit
Fresh Apple

10 Cinnamon Apple Overnight Oats ✓
Mixed Fruit
Fresh Orange

11 Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese
Diced Pear Cup
Fresh Melon Cup

12 Ham & Cheese Bagel Melt
ham and melted cheese on a bagel P
Fresh Apple
Mixed Fruit

13 Bacon, Egg and Cheese Breakfast Sandwich
warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese
Diced Peaches
Fresh Pear

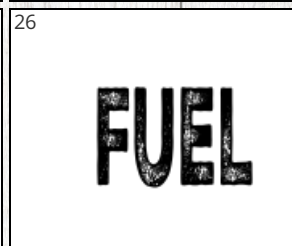
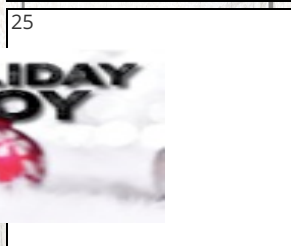
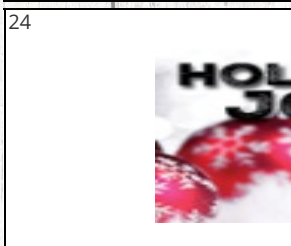
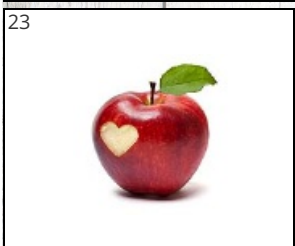
16 Whole Grain French Toast Slices
whole grain slices of French toast baked to perfection ✓
Mixed Fruit
Fresh Banana

17 Fluffy Whole Grain Waffles
warm whole grain waffles ✓
Mixed Fruit
Fresh Orange

18 Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese
Diced Peaches
Fresh Pear

19 Ham & Cheese Bagel Melt
ham and melted cheese on a bagel P
Applesauce
Fresh Orange

20 Bacon, Egg and Cheese Breakfast Sandwich
warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese
Diced Pear Cup
Fresh Banana



30 SCHOOL CLOSED TODAY

31 SCHOOL CLOSED TODAY

WHITSON'S
School Nutrition

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

Breakfast Prices
Regular: \$1.90

Available Daily
Turkey Bacon, Egg and Cheese on a bun (HS)
Whole Grain Bagel w/ butter or low fat creamcheese, Chocolate Chip Muffin
Yogurt Parfait with Organic Vanilla Yogurt, Granola and Fruit
Assorted Reduced Sugar W.G. Cereals: Cinnamon Toast Crunch, Fruit Loops, Coco Puffs, Trix Cheerios
All served with String Cheese.
All served with choice of, fat free or low fat milk, Juice and cupped and fresh fruits. Condiments.
Items with a P contain pork.

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.



✓ VEGETARIAN ✓ MADE WITH NATURAL INGREDIENTS P PORK ✓ MADE WITH ORGANIC INGREDIENTS

*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.

Welcome to our Breakfast Cafe at...

Huntington Finley Middle School

December

2019
















Monday

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Friday

<p>2 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> </p> <p>Applesauce Fresh Pear</p>	<p>3 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> </p> <p>Mixed Fruit Fresh Apple</p>	<p>4 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> </p> <p>Diced Pear Cup Fresh Orange</p>	<p>5 Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> </p> <p>Diced Peaches Fresh Pear</p>	<p>6 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i></p> <p>Fresh Banana Applesauce</p>
<p>9 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i></p> <p>Mixed Fruit Fresh Apple</p>	<p>10 Cinnamon Apple Overnight Oats  </p> <p>Mixed Fruit Fresh Orange</p>	<p>11 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i></p> <p>Diced Pear Cup Fresh Melon Cup</p>	<p>12 Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> </p> <p>Fresh Apple Mixed Fruit</p>	<p>13 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i></p> <p>Diced Peaches Fresh Pear</p>
<p>16 Whole Grain French Toast Slices <i>whole grain slices of French toast baked to perfection</i> </p> <p>Mixed Fruit Fresh Banana</p>	<p>17 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> </p> <p>Mixed Fruit Fresh Orange</p>	<p>18 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i></p> <p>Diced Peaches Fresh Pear</p>	<p>19 Ham & Cheese Bagel Melt <i>ham and melted cheese on a bagel</i> </p> <p>Applesauce Fresh Orange</p>	<p>20 Bacon, Egg and Cheese Breakfast Sandwich <i>warm breakfast sandwich prepared in-house and made with bacon, egg, and cheese</i></p> <p>Diced Pear Cup Fresh Banana</p>
				

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