WHITSONS' Bree School Nutrition VEGGABOLS In an effor Humane Monday	ne to our akfast Cafe rt to reach our goal of 10% plant Society of the US to bring you ne Tuesday	Abram	ns has partnered with the ur new Veggabols promotion. <b>Thursday</b>	THE HUMANE SOCIETY OF THE UNITED STATES Friday
3 Apple Cinnamon Muffin 🍘 Fresh Banana	4 Chicken Sausage Pancake Bites Plums Syrup	5 SCHOOL CLOSED TODAY	6 WG Chocolate Chip Muffin @ Mixed Fruit	7 Egg and Cheese Sandwich @ Fresh Apple
10 COLUMBUS DAY	11 Fluffy Whole Grain Waffles Ø Diced Pear Cup Syrup	12 WW Honey Bun 🧭 Plums	13 WG Chocolate Chip Muffin @ Fresh Orange	14 Egg and Cheese Sandwich o Fresh Apple
17 WG Banana Muffin 🎻 Diced Pear Cup	18 Sausage, Egg and Cheese Sandwich Applesauce (Turkey Sausage)	19 WW Honey Bun 🧭 Fresh Orange	20 WG Chocolate Chip Muffin 🌍 Fresh Apple	21 Egg and Cheese Sandwich @ Fresh Peach
24 Apple Cinnamon Muffin 🍘 Fresh Banana	25 Chicken Sausage Pancake Bites Applesauce Syrup	26 WW Honey Bun 🍘 Fresh Pear	27 WG Chocolate Chip Muffin 🍘 Mixed Fruit	28 Egg and Cheese Sandwich @ Fresh Apple
31 WG Banana Muffin 🎻 Fresh Banana			UR DAY THE R	

Whitsons is Simply Rooted<sup>®</sup> 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.

\*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



**Breakfast Prices** Paid \$2.15 Reduced \$0 Free \$0 Adult breakfast \$2.37 plus tax

Available Daily: All Meals served with Choice of: Fruit Choices, W.G. Bread, Protein 1% milk, Fat Free milk, assorted100% fruit juice, . Assorted cereal w/string cheese All Breads, Rolls and Muffins are Whole Grain

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 Son Made With Organic Ingre orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

WHITSONS Bree	me to our akfast Cafe ort to reach our goal of 10% plant Society of the US to bring you new	Intermed	A State of the second	<b>October</b> 2022
Monday 3 Apple Cinnamon Muffin ô Fresh Banana	4 Chicken Sausage Pancake Bites Plums Syrup	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	6 WG Chocolate Chip Muffin @ Mixed Fruit	Friday       7     Egg and Cheese Sandwich @ Fresh Apple
10	11 Fluffy Whole Grain Waffles @ Diced Pear Cup Syrup	12 WW Honey Bun 🥪 Plums	13 WG Chocolate Chip Muffin ⊘ Fresh Orange	14 Egg and Cheese Sandwich 🔗 Fresh Apple
17 WG Banana Muffin 🏈 Diced Pear Cup	18 Sausage, Egg and Cheese Sandwich Applesauce (Turkey Sausage)	19 WW Honey Bun 🍘 Fresh Orange	20 WG Chocolate Chip Muffin 🍘 Fresh Apple	21 Egg and Cheese Sandwich @ Fresh Peach
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1 WG Banana Muffin 🎻 Fresh Banana		FUEL VO	UR DAY THE R	GHT way



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	t to reach our goal of 10% plant Society of the US to bring you ne <b>Tuesday</b> 4 Chicken Sausage Pancake Bites Plums Syrup	<ul> <li>Hunting</li> <li>based offerings by 2024, Whitsor</li> <li>wednesday</li> <li>SCHOOL</li> <li>CLOSED</li> <li>TODAY</li> </ul>	ry	2022 THE HUMANE SOCIETY OF THE UNITED STATES Friday 7 Egg and Cheese Sandwich Fresh Apple
10 COLMBUS DAY	11 Fluffy Whole Grain Waffles @ Diced Pear Cup Syrup	12 WW Honey Bun 🌍 Plums	13 WG Chocolate Chip Muffin @ Fresh Orange	14 Egg and Cheese Sandwich 🎻 Fresh Apple
17 WG Banana Muffin 🏈 Diced Pear Cup	18 Sausage, Egg and Cheese Sandwich Applesauce (Turkey Sausage)	19 WW Honey Bun 🧑 Fresh Orange	20 WG Chocolate Chip Muffin 🍘 Fresh Apple	21 Egg and Cheese Sandwich 🍘 Fresh Peach
24 Apple Cinnamon Muffin 🎻 Fresh Banana	25 Chicken Sausage Pancake Bites Applesauce Syrup	26 WW Honey Bun 愛 Fresh Pear	27 WG Chocolate Chip Muffin @ Mixed Fruit	28 Egg and Cheese Sandwich @ Fresh Apple
31 WG Banana Muffin 🍘 Fresh Banana		FUEL YO EAT A HE	ur day the R ALTHY BRE	GHT way. AKFAST!

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Monday Apple Cinnamon	<b>Tuesday</b>	Wednesday	ns has partnered with the ur new Veggabols promotion. <b>Thursday</b> 6 WG Chocolate Chip	Friday 7 Egg and Cheese
Muffin 🇭 Fresh Banana	Pancake Bites Plums Syrup	SCHOOL CLOSED TODAY	Muffin 🌍 Mixed Fruit	Sandwich 🧭 Fresh Apple
columbus DAY	11 Fluffy Whole Grain Waffles Ø Diced Pear Cup Syrup	12 WW Honey Bun 🏈 Plums	13 WG Chocolate Chip Muffin @ Fresh Orange	14 Egg and Cheese Sandwich @ Fresh Apple
WG Banana Muffin ( Diced Pear Cup	18 Sausage, Egg and Cheese Sandwich Applesauce (Turkey Sausage)	19 WW Honey Bun 🧭 Fresh Orange	20 WG Chocolate Chip Muffin 愛 Fresh Apple	21 Egg and Cheese Sandwich 🕜 Fresh Peach
Apple Cinnamon Muffin 🎻 Fresh Banana	25 Chicken Sausage Pancake Bites Applesauce Syrup	26 WW Honey Bun 🧭 Fresh Pear	27 WG Chocolate Chip Muffin @ Mixed Fruit	28 Egg and Cheese Sandwich Ø Fresh Apple
WG Banana Muffin ( Fresh Banana		FUEL YO EAT A HE	UR DAY THE RIALTHY BRE	GHT way. AKFAST!

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Adult breakfast \$2.37

plus tax

Assorted cereal w/string cheese

All Breads, Rolls and Muffins are Whole Grain

	A Chicken Sausage Plums Syrup			2022 THE HUMANE SOCIETY OF THE UNITED STATES Friday 7 Egg and Cheese Sandwich Fresh Apple
10	11 Fluffy Whole Grain Waffles Ø Diced Pear Cup Syrup	12 WW Honey Bun 🍘 Plums	13 WG Chocolate Chip Muffin 🎻 Fresh Orange	14 Egg and Cheese Sandwich 🔗 Fresh Apple
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31 WG Banana Muffin 🌍 Fresh Banana		FUEL YO EAT A HE	ur day the R ALTHY BRE	GHT way. AKFAST!

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