



Welcome to our Breakfast Cafe

Huntington Jack Abrams STEM

October 2022



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Vegabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday	Tuesday	Wednesday	Thursday	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	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 Fresh Pear	27 WG Chocolate Chip Muffin Mixed Fruit	28 Egg and Cheese Sandwich Fresh Apple
31 WG Banana Muffin Fresh Banana				



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. 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.

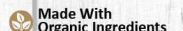
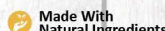
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civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

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, assorted 100% fruit juice, . Assorted cereal w/string cheese
 All Breads, Rolls and Muffins are Whole Grain





Welcome to our Breakfast Cafe

Huntington Woodhull Intermediate

October 2022

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10 COLUMBUS 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
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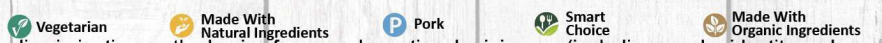
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Welcome to our Breakfast Cafe

Huntington Primary

October 2022



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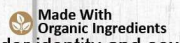
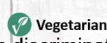
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Welcome to our Breakfast Cafe

Huntington Flower Hill

October 2022



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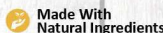
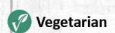


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Available Daily:

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Welcome to our Breakfast Cafe

Huntington Jefferson

October 2022



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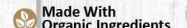
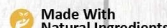
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Bread, Protein 1% milk, Fat Free milk,

assorted 100% fruit juice, .

Assorted cereal w/string cheese

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Welcome to our Breakfast Cafe

Huntington Washington

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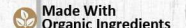
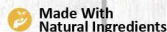
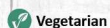
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