What's on the Menu?

Whitney Academy/North December Breakfast Menu





Staff Price \$5.45

Student Gluten Free
Options
Cereal, Bagels,
Bread and Pizza

			Bread and Pizza	
Monday	Tuesday	Wednesday	Thursday	Friday
1 Scrambled Cheezy Eggs Whole Wheat Toast	2 Apple Cinnamon Muffin <mark>String Cheese</mark>	3 Blueberry/Strawberry French Toast Parfait	Three French Toast Sticks	Scrambled Egg Pizza
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Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
8 Bacon, Egg, and Cheese Bagel Sandwich	9 Banana Muffin <mark>String Cheese</mark>	10 Lemonade Smoothie Honey Graham Crackers	Two Whole Grain Waffles	12 Bagel with Cream Cheese, Sun butter, or Jelly
	2		III	(2)
Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
Ham, Egg, and Cheese Bagel Sandwich	16 Whole Grain Blueberry Muffin <mark>String Cheese</mark>	17 Apple Cinnamon Yogurt Parfait With Homemade Granola	Colby Jack Cheese Omelet Whole Wheat Toast	19 Buttermilk Whole Grain Pancakes
Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
22 Sausage, Egg, and Cheese Biscuit Sandwich	23 Chocolate Chip Muffin <mark>String Cheese</mark>	24	25	26
Assorted Fruit Juice	Assorted Fruit Juice		REAL	
Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit		www.shutterstock.com · 1828993677	
29	30	31		
		ALTERNATE DAILY OPTION		
Assorted Low Sugar Cereal w/ String Cheese				

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white, skim, and skim chocolate.



Visit aces.nutrislice.com to see your menu!



