

# What's on the Menu?

## Whitney Academy/North February Breakfast Menu



**aces**  
area cooperative educational services

Student Gluten Free Options

Cereal, Bagels, Bread and Pizza



Staff Price \$5.45

Monday

Tuesday

Wednesday

Thursday

Friday

2 Bacon, Egg, and Cheese Bagel Sandwich



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

3 Whole Grain Chocolate Chip Muffin  
String Cheese



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

4 Lemonade Smoothie  
Honey Graham Crackers



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

5 Two Whole Grain Waffles



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

6 Bagel with Cream Cheese, Sun butter, or Jelly



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

9 Ham, Egg, and Cheese Bagel Sandwich



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

10 Whole Grain Blueberry Muffin  
String Cheese



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

11 Pineapple Orange Smoothie  
Honey Graham Crackers



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

12 Three French Toast Sticks



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

13 Buttermilk Whole Grain Pancakes



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

16

17

18

19

20

Winter Break!



23 Egg, and Cheese English Muffin Sandwich



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

24 Apple Cinnamon Muffin  
String Cheese



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

25 Banana Split Smoothie  
Honey Graham Crackers



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

26 Apple Cinnamon Oatmeal



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

27 Scrambled Egg Pizza



Assorted Fruit Juice  
Assorted Chilled Fruit  
Assorted Fresh Local Seasonal Fruit

**Assorted Low Sugar Cereal w/ String Cheese**

**Assorted Low Sugar Cereal w/ String Cheese**

**ALTERNATE DAILY OPTION**

**Assorted Low Sugar Cereal w/ String Cheese**

**Assorted Low Sugar Cereal w/ String Cheese**

**Assorted Low Sugar Cereal w/ String Cheese**

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Vegetarian



Locally Grown

**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.