

What's on the Menu?

Whitney Academy/North January Breakfast Menu



Staff Price \$5.45

Student Gluten Free

Options

Cereal, Bagels, Bread and Pizza



Monday	Tuesday	Wednesday	Thursday	Friday
				
5 Bacon, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	6  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	7 Lemonade Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	8 Two Whole Grain Waffles  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	9 Bagel with Cream Cheese, Sun butter, or Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
12 Ham, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	13 Whole Grain Blueberry Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	14 Pineapple Orange Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	15 Three French Toast Sticks  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	16 Buttermilk Whole Grain Pancakes  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
19  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	20 Chocolate Chip Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	21 Blueberry/Strawberry French Toast Parfait  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	22 Cinnamon Roll  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	23 Scrambled Cheezy Eggs Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
26 Egg, and Cheese English Muffin Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	27 Apple Cinnamon Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	28 Banana Split Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	29 Apple Cinnamon Oatmeal  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	30 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

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.



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