

What's on the Menu?

Whitney Academy/North September Breakfast Menu



Staff Price \$5.25

Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	2 Whole Grain Blueberry Muffin String Cheese Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	3 Blueberry/Strawberry French Toast Parfait Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	4 Apple Cinnamon Oatmeal Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	5 Strawberry Banana Smoothie Honey Graham Crackers Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
8 Scrambled Cheezy Eggs Whole Wheat Toast Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	9 Apple Cinnamon Muffin String Cheese Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	10 Lemonade Smoothie Honey Graham Crackers Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	11 Two Warm Pancakes Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	12 Scrambled Egg Pizza Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
15 Sausage, Egg, and Cheese Biscuit Sandwich Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	16 Whole Grain Banana Muffin String Cheese Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	17 Pineapple Orange Smoothie Honey Graham Crackers Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	18 Two Whole Grain Waffles Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	19 Bagel with Cream Cheese, Sunbutter or Grape Jelly Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
22 Ham, Egg, and Cheese Bagel Sandwich Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	23 Whole Grain Blueberry Muffin String Cheese Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	24 Apple Cinnamon Yogurt Parfait With Homemade Granola Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	25 Colby Jack Cheese Omelet Whole Wheat Toast Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	26 Banana Split Smoothie Honey Graham Crackers Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
29 Three French Toast Sticks Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	30 Chocolate Chip Muffin String Cheese Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	ALTERNATE DAILY OPTION		
Assorted Low Sugar Cereal w/ String Cheese	Assorted Low Sugar Cereal w/ String Cheese	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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