

# What's on the Menu?

## Whitney Academy/NorthMarch Breakfast Menu



Staff Price \$5.45



**Student Gluten Free Options**  
Cereal, Bagels, Bread and Pizza



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Bacon, Egg, and Cheese Bagel Sandwich</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>3</p> <p>Whole Grain Chocolate Chip Muffin</p> <p><b>String Cheese</b></p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>4</p> <p>Blueberry/Strawberry French Toast Parfait</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>5</p> <p>Two Whole Grain Waffles</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>6</p> <p>Bagel with Cream Cheese, Sun butter, or Jelly</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>
<p>9</p> <p>Ham, Egg, and Cheese Bagel Sandwich</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>10</p> <p>Whole Grain Blueberry Muffin</p> <p><b>String Cheese</b></p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>11</p> <p>Pineapple Orange Smoothie Honey Graham Crackers</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>12</p> <p>Three French Toast Sticks</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>13</p> <p>Scrambled Cheezy Eggs Whole Wheat Toast</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>
<p>16</p> <p>Sausage, Egg, and Cheese Biscuit Sandwich</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>17</p> <p>Whole Grain Banana Muffin</p> <p><b>String Cheese</b></p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>18</p> <p>Apple Cinnamon Yogurt Parfait With Homemade Granola</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>19</p> <p>Buttermilk Whole Grain Pancakes</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>20</p> <p>Bagel with Cream Cheese, Sun butter, or Jelly</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>
<p>23</p> <p>Egg, and Cheese English Muffin Sandwich</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>24</p> <p>Apple Cinnamon Muffin</p> <p><b>String Cheese</b></p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>25</p> <p>Banana Split Smoothie Honey Graham Crackers</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>26</p> <p>Cinnamon Roll</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>27</p> <p>Scrambled Egg Pizza</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>
<p>30</p> <p>Colby Jack Cheese Omelet Whole Wheat Toast</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>31</p> <p>Whole Grain Chocolate Chip Muffin</p> <p><b>String Cheese</b></p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<b>ALTERNATE DAILY OPTION</b>		
<b>Assorted Low Sugar Cereal w/ String Cheese</b>	<b>Assorted Low Sugar Cereal w/ String Cheese</b>	<b>Assorted Low Sugar Cereal w/ String Cheese</b>	<b>Assorted Low Sugar Cereal w/ String Cheese</b>	<b>Assorted Low Sugar Cereal w/ String Cheese</b>

**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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