

What's on the Menu?

Whitney Academy/North October Breakfast Menu



Staff Price \$5.55

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Apple Cinnamon Oatmeal 	2 Strawberry Banana Smoothie Honey Graham Crackers 
5 Sausage, Egg, and Cheese Biscuit Sandwich 	6 Apple Cinnamon Muffin String Cheese 	7 Lemonade Smoothie Honey Graham Crackers 	8 Two Warm Pancakes 	9 Scrambled Egg Pizza 
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
12 	13 Whole Grain Banana Muffin String Cheese 	14 Pineapple Orange Smoothie Honey Graham Crackers 	15 Two Whole Grain Waffles 	16 Bagel with Cream Cheese, Sunbutter or Grape Jelly 
19 Bacon, Egg, and Cheese Bagel Sandwich 	20 Whole Grain Blueberry Muffin String Cheese 	21 Apple Cinnamon Yogurt Parfait With Homemade Granola 	22 Three French Toast Sticks 	23 Scrambled Cheezy Eggs Whole Wheat Toast 
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
26 Ham, Egg, and Cheese Bagel Sandwich 	27 Chocolate Chip Muffin String Cheese 	28 Banana Split Smoothie Honey Graham Crackers 	29 Whole Grain Cinnamon roll 	30 Colby Jack Cheese Omelet Whole Wheat Toast 
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
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

ALTERNATE DAILY OPTION

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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