

What's on the Menu?

Whitney Academy/North September Breakfast Menu



Staff Price \$5.55

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Grain Blueberry Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	2 Blueberry/Strawberry French Toast Parfait  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	3 Apple Cinnamon Oatmeal  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	4 Strawberry Banana Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
7 	8 Apple Cinnamon Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	9 Lemonade Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	10 Two Warm Pancakes  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	11 Scrambled Egg Pizza  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
14 Sausage, Egg, and Cheese Biscuit Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	15 Whole Grain Banana Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	16 Pineapple Orange Smoothie Honey Graham Crackers  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	17 Two Whole Grain Waffles  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	18 Bagel with Cream Cheese, Sunbutter or Grape Jelly  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
21 	22 Whole Grain Blueberry Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	23 Apple Cinnamon Yogurt Parfait With Homemade Granola  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	24 Three French Toast Sticks  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	25 Scrambled Cheezy Eggs Whole Wheat Toast  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit
28 Ham, Egg, and Cheese Bagel Sandwich  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	29 Chocolate Chip Muffin String Cheese  Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit	30 Banana Split Smoothie Honey Graham Crackers  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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 Vegetarian
 Locally Grown