



Welcome to our Breakfast Cafe

Hempstead Elementary Schools

December 2022



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday

Tuesday

Wednesday

Thursday

Friday

FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!



1 WG Blueberry Muffin
1% Milk
Fat Free Milk
100% Orange Juice

2 Red. Sugar Froot Loops Cereal
Animal Crackers
Diced Pear Cup
1% Milk
Fat Free Milk

5 Cheerios Cereal
WG Honey Graham Crackers
Fresh Orange
Fat Free Milk
1% Milk

6 Cinnamon Toast Crunch Cereal Bar
Animal Crackers
Apple Slices
Fat Free Milk
1% Milk

7 Apple Strudel
Diced Pear Cup
Fat Free Milk
1% Milk

8 WG Chocolate Chip Muffin
Apple Slices
1% Milk
Fat Free Milk

9 Strawberry Nutri-Grain Bar
Fresh Orange
100% Apple Juice
1% Milk
Fat Free Milk

12 WW Honey Bun
Apple Slices
1% Milk
Fat Free Milk

13 Red. Sugar Cocoa Puffs Cereal
Animal Crackers
Fresh Orange
1% Milk
Fat Free Milk

14 WG Blueberry Muffin
Diced Pear Cup
Fat Free Milk
1% Milk

15 Red. Sugar Froot Loops Cereal
WG Honey Graham Crackers
Apple Slices
Fat Free Milk
1% Milk

16 Maple Mini Waffles
Fresh Orange
1% Milk
Fat Free Milk
100% Apple Juice

19 WG Chocolate Chip Muffin
Applesauce
1% Milk
Fat Free Milk

20 Red. Sugar Apple Jacks Cereal
Animal Crackers
Apple Slices
Fat Free Milk
1% Milk

21 Raspberry & Peach Yogurt Cup
WG Honey Graham Crackers
Fresh Orange
1% Milk
Fat Free Milk

22 Golden Grahams Cereal
WG Honey Graham Crackers
Apple Slices
1% Milk
Fat Free Milk

23 Apple Strudel
Diced Pear Cup
100% Apple Juice
1% Milk
Fat Free Milk

HOLIDAY JOY

HOLIDAY JOY

HOLIDAY JOY

HOLIDAY JOY

HOLIDAY JOY



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change, notice posted when available.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA)

civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

If you have any questions or would like additional information regarding this menu please contact your food service director at 434-4138

Breakfast is free for all. Student must take 3 components and 1 must be a fruit or vegetable

Breakfast consists of:
grains or grain meat/meat alternative.
Choice of fresh fruit, cup fruit, and 100% fruit juice. Milk selection of 1% or fat free white milk

