



Welcome to our Breakfast Cafe



Monday

Tuesday

Hempstead Elementary Schools

February 2023

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

Wednesday

Thursday

Friday

HOLIDAY JOY



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|--|--|---|--|--|
| | | 1 Reduced Sugar Frosted Flakes Graham Crackers Fresh Pear 100% Apple Juice | 2 Maple Mini Waffles Egg Patty Fresh NY Local Apple 100% Orange Juice | 3 Egg and Cheese Sandwich Diced Pear Cup 100% Apple Juice |
| 6 Soft Filled Cinnamon Toast Crunch Bar Apple Slices 100% Orange Juice | 7 Whole Grain French Toast Slices Crispy Potato Puffs Fresh Orange 100% Fruit Punch Juice | 8 Apple Strudel Diced Pear Cup 100% Apple Juice | 9 WG Chocolate Chip Muffin Apple Slices 100% Orange Juice | 10 Sausage and Cheese Sandwich Fresh Orange 100% Apple Juice |
| 13 Egg and Cheese Sandwich Apple Slices 100% Orange Juice | 14 Bagel Melt Fresh Orange 100% Apple Juice | 15 Apple Cinnamon Muffin Diced Pear Cup 100% Orange Juice | 16 Red. Sugar Froot Loops Cereal WG Honey Graham Crackers Apple Slices 100% Fruit Punch Juice | 17 Maple Mini Waffles Crispy Potato Puffs Fresh Orange 100% Apple Juice |
| <h2>SCHOOL CLOSED TODAY</h2> | <h2>SCHOOL CLOSED TODAY</h2> | <h2>SCHOOL CLOSED TODAY</h2> | <h2>SCHOOL CLOSED TODAY</h2> | <h2>SCHOOL CLOSED TODAY</h2> |
| 27 Egg and Cheese Sandwich Fresh Orange 100% Apple Juice | 28 WG Chocolate Chip Muffin Apple Slices 100% Orange Juice | | | |



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.

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



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

