



Welcome to our Breakfast Cafe



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

March 2023

Hempstead Elementary Schools

Monday

Tuesday

Wednesday

Thursday

Friday

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



6 Egg and Cheese Sandwich Apple Slices

7 Cinnamon Toast Crunch Cereal Animal Crackers Fresh Orange

8 Apple Strudel Diced Pear Cup

9 WG Chocolate Chip Muffin Apple Slices

10 Cinnamon French Toast Fresh Orange

13 WW Honey Bun Fresh NY Local Apple

14 Fresh Whole Wheat Bagel Cream Cheese Fresh Orange

15 Apple Cinnamon Muffin Diced Pear Cup

16 Red. Sugar Froot Loops Cereal WG Honey Graham Crackers Apple Slices

17 Maple Mini Waffles Fresh Orange

20 WG Banana Muffin Applesauce

21 Red. Sugar Apple Jacks Cereal Animal Crackers Apple Slices

22 Cinnamon French Toast Fresh Pear

23 Golden Grahams Cereal WG Honey Graham Crackers Fresh Orange

24 Apple Strudel Diced Pear Cup

27 Egg and Cheese Sandwich Fresh Orange

28 WG Chocolate Chip Muffin Apple Slices

29 Fluffy Whole Grain Waffles Fresh Apple

30 Reduced Sugar Frosted Flakes Graham Crackers Fresh Pear

31 WW Honey Bun Fresh Orange



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

