



Welcome to our Breakfast Cafe

Hempstead Elementary Schools

January 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

Monday	Tuesday	Wednesday	Thursday	Friday
2 HOLIDAY JOY	3 Cinnamon French Toast Fresh Orange 100% Apple Juice	4 Reduced Sugar Frosted Flakes Graham Crackers Fresh Pear 100% Apple Juice	5 WG Blueberry Muffin Fresh NY Local Apple 100% Orange Juice	6 Red. Sugar Froot Loops Cereal Animal Crackers Diced Pear Cup 100% Apple Juice
9 Egg and Cheese Sandwich Apple Slices 100% Orange Juice	10 Cinnamon Toast Crunch Cereal Bar Animal Crackers Fresh Orange 100% Fruit Punch Juice	11 Apple Strudel Diced Pear Cup 100% Apple Juice	12 WG Chocolate Chip Muffin Apple Slices 100% Orange Juice	13 Strawberry Nutri-Grain Bar Cinnamon Graham Crackers Fresh Orange 100% Apple Juice
16 MARTIN LUTHER KING JR. DAY	17 Fresh Whole Wheat Bagel Cream Cheese Fresh Orange 100% Apple Juice	18 Apple Cinnamon Muffin Diced Pear Cup 100% Orange Juice	19 Red. Sugar Froot Loops Cereal WG Honey Graham Crackers Apple Slices 100% Fruit Punch Juice	20 Maple Mini Waffles Fresh Orange 100% Apple Juice
23 WG Banana Muffin Applesauce 100% Fruit Punch Juice	24 Red. Sugar Apple Jacks Cereal Animal Crackers Apple Slices 100% Orange Juice	25 Cinnamon French Toast Fresh Pear 100% Apple Juice	26 Golden Grahams Cereal WG Honey Graham Crackers Fresh Orange 100% Fruit Punch Juice	27 Apple Strudel Diced Pear Cup 100% Apple Juice
30 Egg and Cheese Sandwich Fresh Orange 100% Apple Juice	31 WG Chocolate Chip Muffin Apple Slices 100% Orange Juice	<div data-bbox="656 1463 1219 1575" data-label="Section-Header"><h2>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</h2></div> <div data-bbox="1243 1415 1536 1663" data-label="Image"></div> <div data-bbox="677 1692 958 1877" data-label="Text"><p>If you have any questions or would like additional information regarding this menu please contact your food service director at 434-4138</p></div> <div data-bbox="1003 1692 1531 1755" data-label="Text"><p>Breakfast is free for all. Student must take 3 components and 1 must be a fruit or vegetable</p></div> <div data-bbox="1003 1787 1537 1908" data-label="Text"><p>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</p></div>		



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.

