



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 Veggabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

September 2022

Hempstead Elementary Schools

Monday

Tuesday

Wednesday

Thursday

Friday

FUEL YOUR E THE RIGHT V EAT A HEALTHY BREAKFAST



1 WG Blueberry Muffin

Fresh NY Local Apple

1% Milk

Fat Free Milk

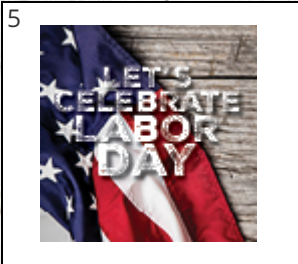
2 Cinnamon Toast Crunch Cereal

Animal Crackers

Diced Pear Cup

1% Milk

Fat Free Milk



5 NY Raspberry Yogurt Cup

Animal Crackers

Apple Slices

Fat Free Milk

1% Milk

7 Honey Whole Wheat Bagel

Cream Cheese

Margarine

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 Honey Whole Wheat Bagel

Cream Cheese

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 NY Raspberry Yogurt Cup

Animal Crackers

Apple Slices

1% Milk

Fat Free Milk

21 Egg and Cheese Sandwich

Fresh Orange

1% Milk

Fat Free Milk

22 Maple Mini Waffles

Apple Slices

1% Milk

Fat Free Milk

23 Honey Whole Wheat Bagel

Cream Cheese

Diced Pear Cup

100% Apple Juice

1% Milk

Fat Free Milk

26

27

28 Strawberry Pop Tart

Animal Crackers

Apple Slices

1% Milk

Fat Free Milk

29 WW Honey Bun

Fresh NY Local Apple

Fat Free Milk

1% Milk

30 Red. Sugar Cocoa Puffs Cereal

Animal Crackers

Fresh Orange

100% Apple Juice

Fat Free Milk

1% Milk



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

