Welcome to our Breakfast Cafe at...

Early Childhood Center #4

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday

WHITSONS®
School Nutrition

3 Whole Grain Chocolate Chip Muffin Fresh Apple	4 Whole Grain Pancakes with Sausage Syrup Strawberry Cup	5 Egg and Cheese Sandwich Fresh Orange	6 Whole Grain French Toast Slices With Syrup Fresh Banana	7 Fresh Whole Wheat Bagel Cream Cheese Pineapple
10 Whole Grain Waffles with Sausage Fresh Pear	11 Whole Grain Pancakes with Sausage Syrup Diced Peach Cup	12 Whole Grain Chocolate Chip Muffin Fresh Orange	13 Fluffy Whole Grain Waffles Fresh Apple	14 Whole Grain French Toast Slices Fresh Grapes
17 Egg and Cheese Sandwich Fresh Orange	18 Fluffy Whole Grain Pancakes Applesauce	19 Whole Grain Chocolate Chip Muffin Fresh Orange	20 Whole Grain French Toast Slices With Syrup Fresh Banana	21 Whole Grain Waffles with Sausage Fresh Pear
24	25	26	27	28
31				

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

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.

Breakfast Prices

Regular: $2.00

Reduced: $0.25

Breakfast is served in the cafe 1/2 hour prior to classes begin

Available Daily

Whole Grain Bagel with Low Fat Cream Cheese
4oz Yogurt Meal served with Fruit and Grain choice
Assorted Whole Grain Reduced Sugar Cereals: Cinnamon Toast Crunch, Cheerios Fruity Cheerios, Coco Puffs
All served with choice of whole grain bread, fat free or 1% white mill or Fat free flavored milk, , 100% juices and fresh fruits
Additional information please contact your food service office 516. 295-7040

VEGETARIAN MADE WITH NATURAL INGREDIENTS P PORK MADE WITH ORGANIC INGREDIENTS

*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. This institution is an equal opportunity provider.