

Welcome to our Breakfast Cafe @ Glens Falls MS

December 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- MADE WITH ALL NATURAL INGREDIENTS
- PORK
- VEGAN

1	Egg and Cheese Sandwich Cheerios Toast English Muffin WW JSB Apple Grape 100% Juice Diced Pears Fresh Apple
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4	Raspberry Yogurt Cup Red. Sugar Cinnamon Toast Crunch Toast Apple 100% Juice Diced Peach Cup Fresh Orange
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5	Chocolate Chip Muffin Raspberry Yogurt Cup Red. Sugar Cocoa Puffs Toast Apple Grape 100% Juice Diced Pears Fresh Apple
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6	WW Bagel Lite Cream Cheese Red. Sugar Trix Toast 100% Orange Juice Blend Diced Peach Cup Fresh Banana
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7	Pancakes French Toast Syrup Red. Sugar Cinnamon Toast Crunch Toast Apple 100% Juice Diced Peach Cup Fresh Banana
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8	Egg and Cheese Sandwich Cheerios Toast English Muffin WW JSB Apple Grape 100% Juice Diced Pears Fresh Apple
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11	Strawberry Banana Yogurt Cup Cheerios Toast Apple 100% Juice Mixed Fruit Fresh Orange
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12	Blueberry Muffin Raspberry Yogurt Cup Red. Sugar Cocoa Puffs Toast Apple Grape 100% Juice Diced Pears Fresh Apple
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13	WW Bagel Lite Cream Cheese Red. Sugar Trix Toast 100% Orange Juice Blend Diced Peach Cup Fresh Banana
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14	Pancakes French Toast Syrup Cheerios Toast Apple 100% Juice Mixed Fruit Fresh Orange
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15	Egg and Cheese Sandwich Cheerios Toast English Muffin WW JSB Apple Grape 100% Juice Diced Pears Fresh Apple
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18	Raspberry Yogurt Cup Red. Sugar Cinnamon Toast Crunch Toast Apple 100% Juice Diced Peach Cup Fresh Orange
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19	Apple Cinnamon Muffin Red. Sugar Trix Toast Strawberry Banana Yogurt Cup Apple Grape 100% Juice Pineapple Tidbits Fresh Apple
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20	WW Bagel Lite Cream Cheese Red. Sugar Trix Toast 100% Orange Juice Blend Diced Peach Cup Fresh Banana
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21	Pancakes French Toast Syrup Cheerios Toast Apple 100% Juice Mixed Fruit Fresh Orange
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22	Egg and Cheese Sandwich Cheerios Toast English Muffin WW JSB Apple Grape 100% Juice Diced Pears Fresh Apple
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Holiday Recess- No School

SIMPLY ROOTED™ *in food and family*

Our chicken products were raised without the use of non-therapeutic antibiotics. Plus, all of our chicken and pork products are hormone free. This is because we are Simply Rooted™ in food



and family and use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



Breakfast Prices

Regular: \$1.50
Reduced: \$0.25

Available Daily

Selection of fresh and chilled fruit
Selection of assorted 100% fruit juices
All meals served with choice of 1% white, fat free white or fat free chocolate milk

If you have any questions or would like additional information regarding this menu please contact your food service director Larry Young at 518-798-1910 or youngl@whitsons.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. This institution is an equal opportunity provider.