

Welcome to our Breakfast Cafe @ Glens Falls HS

November
2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

WHITSONS®
School Nutrition

1 WW Bagel
Chocolate Chip Muffin
Lite Cream Cheese
Toast
Margarine
Red. Sugar Cocoa Puffs
Orange Juice
Applesauce
Fresh Banana

2 Pancakes
Chocolate Chip Muffin
French Toast
Syrup
Toast
Cheerios
Apple 100% Juice
Diced Pears
Fresh Orange

3 Egg and Cheese
Sandwich
Chocolate Chip Muffin
Toast
Margarine
Red. Sugar Trix
Apple Grape 100% Juice
Mixed Fruit
Fresh Banana

6 Strawberry Banana
Yogurt Cup
Chocolate Chip Muffin
Toast
Margarine
Red. Sugar Cinnamon
Toast Crunch
Apple 100% Juice
Diced Peaches
Fresh Orange

7 Chocolate Chip Muffin
Toast
Margarine
Red. Sugar Trix
Apple Grape 100% Juice
Applesauce
Fresh Banana

8 WW Bagel
Chocolate Chip Muffin
Lite Cream Cheese
Toast
Margarine
Red. Sugar Cocoa Puffs
Orange Juice
Applesauce
Fresh Banana

9 Pancakes
Chocolate Chip Muffin
French Toast
Syrup
Toast
Cheerios
Apple 100% Juice
Diced Pears
Fresh Orange



13 Strawberry Banana
Yogurt Cup
Chocolate Chip Muffin
Toast
Margarine
Red. Sugar Cinnamon
Toast Crunch
Apple 100% Juice
Diced Peaches
Fresh Orange

14 Chocolate Chip Muffin
Toast
Margarine
Red. Sugar Trix
Apple Grape 100% Juice
Applesauce
Fresh Banana

15 WW Bagel
Chocolate Chip Muffin
Lite Cream Cheese
Toast
Margarine
Red. Sugar Cocoa Puffs
Orange Juice
Applesauce
Fresh Banana

16 Pancakes
Chocolate Chip Muffin
French Toast
Syrup
Toast
Margarine
Cheerios
Apple 100% Juice
Diced Pears
Fresh Orange

17 Egg and Cheese
Sandwich
Chocolate Chip Muffin
Toast
Margarine
Red. Sugar Trix
Apple Grape 100% Juice
Mixed Fruit
Fresh Banana

20 Strawberry Banana
Yogurt Cup
Chocolate Chip Muffin
Toast
Margarine
Red. Sugar Cinnamon
Toast Crunch
Apple 100% Juice
Diced Peaches
Fresh Orange

21 Chocolate Chip Muffin
Toast
Margarine
Red. Sugar Trix
Apple Grape 100% Juice
Applesauce
Fresh Banana

**Thanksgiving
Recess**



**Thanksgiving
Recess**

27 Strawberry Banana
Yogurt Cup
Chocolate Chip Muffin
Toast
Margarine
Red. Sugar Cinnamon
Toast Crunch
Diced Peaches
Fresh Orange

28 Chocolate Chip Muffin
Toast
Margarine
Red. Sugar Trix
Apple Grape 100% Juice
Applesauce
Fresh Banana

29 WW Bagel
Chocolate Chip Muffin
Lite Cream Cheese
Toast
Margarine
Red. Sugar Cocoa Puffs
Orange Juice
Applesauce
Fresh Banana

30 Pancakes
Chocolate Chip Muffin
French Toast
Syrup
Toast
Margarine
Cheerios
Apple 100% Juice
Diced Pears
Fresh Orange

SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. 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: \$.25

Available Daily

Whole grain bagels w/ butter or low fat cream cheese
Assorted Cereals: Cinnamon Toast Crunch, Honey Nut Cheerios, Rice Krispies

All served with choice of bread, fat free or low fat milk, assorted juices and fresh fruits

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. USDA is an equal opportunity provider, employer, and lender.