

Welcome to our Breakfast Cafe @ Glens Falls MS

November
2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

WHITSONS
School Nutrition

1 WW Bagel
Lite Cream Cheese
Red. Sugar Trix
Toast
100% Orange Juice Blend
Diced Peach Cup
Fresh Banana

2 Pancakes
French Toast
Syrup
Cinnamon Toast Crunch
Toast
Apple 100% Juice
Diced Peach Cup
Fresh Banana

3 Egg and Cheese
Sandwich
Red. Sugar Cocoa Puffs
Toast
English Muffin WW JSB
Apple Grape 100% Juice
Diced Pears
Fresh Apple

6 Raspberry Yogurt Cup
Cinnamon Toast Crunch
Toast
Apple 100% Juice
Diced Pears
Fresh Orange

7 Chocolate Chip Muffin
Red. Sugar Cocoa Puffs
Toast
Apple Grape 100% Juice
Diced Pears
Fresh Apple

8 WW Bagel
Lite Cream Cheese
Red. Sugar Trix
Toast
100% Orange Juice Blend
Diced Peach Cup
Fresh Banana

9 Pancakes
French Toast
Syrup
Cinnamon Toast Crunch
Toast
Apple 100% Juice
Diced Peach Cup
Fresh Banana



13 Strawberry Banana
Yogurt Cup
Cheerios
Toast
Apple 100% Juice
Mixed Fruit
Fresh Orange

14 Blueberry Muffin
Red. Sugar Cocoa Puffs
Toast
Apple Grape 100% Juice
Diced Pears
Fresh Apple

15 WW Bagel
Lite Cream Cheese
Red. Sugar Trix
Toast
100% Orange Juice Blend
Diced Peach Cup
Fresh Banana

16 Pancakes
French Toast
Syrup
Cheerios
Toast
Apple 100% Juice
Mixed Fruit
Fresh Orange

17 Egg and Cheese
Sandwich
Red. Sugar Cocoa Puffs
Toast
English Muffin WW JSB
Apple Grape 100% Juice
Diced Pears
Fresh Apple

20 Raspberry Yogurt Cup
Cinnamon Toast Crunch
Toast
Apple 100% Juice
Diced Pears
Fresh Orange

21 Apple Cinnamon Muffin
Red. Sugar Trix
Toast
Apple Grape 100% Juice
Pineapple Tidbits
Fresh Apple

22 Thanksgiving
Recess



24 Thanksgiving
Recess

27 Strawberry Banana
Yogurt Cup
Red. Sugar Trix
Toast
Apple 100% Juice
Diced Peach Cup
Fresh Orange

28 Chocolate Chip Muffin
Red. Sugar Cocoa Puffs
Toast
Apple Grape 100% Juice
Diced Pears
Fresh Apple

29 WW Bagel
Lite Cream Cheese
Red. Sugar Trix
Toast
100% Orange Juice Blend
Diced Peach Cup
Fresh Banana

30 Pancakes
French Toast
Syrup
Cheerios
Toast
Apple 100% Juice
Mixed Fruit
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: \$0.25

Available Daily

Whole grain bagels w/ butter or low fat cream cheese
All natural yogurt parfaits w/ granola and fruit
Whole grain toast or english muffin w/ butter
Assorted Reduced Sugar WG Cereals: Cinnamon Toast Crunch, Cheerios, Rice Krispies Coco Puffs, Trix, Honey Nut Cheerios
All served with choice of bread, fat free or low fat milk, assorted juices and fresh and canned fruits