

Welcome to our Breakfast Cafe @ Troy Middle School

November
2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

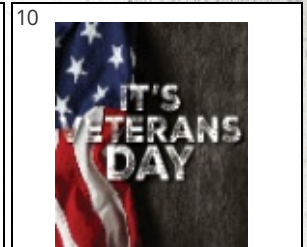
WHITSONS®
School Nutrition

6 Fresh Whole Wheat Bagel
Apple 100% Juice
Mixed Fruit

7 **PD Day**

8 Honey Bun
Bacon, Egg and Cheese
Breakfast Sandwich
Mixed Fruit
100% Orange Juice Blend

9 Sausage, Egg and
Cheese Sandwich
Mixed Fruit



13 Bacon, Egg and Cheese
Breakfast Sandwich
Mixed Fruit
100% Orange Juice Blend

14 Sausage, Egg and
Cheese Sandwich
Mixed Fruit
Apple 100% Juice

15 Honey Bun
Bacon, Egg and Cheese
Breakfast Sandwich
Diced Pears
Apple 100% Juice

16 French Toast
Syrup
Sausage, Egg and
Cheese Sandwich
Mixed Fruit

17 Bacon, Egg and Cheese
Breakfast Sandwich
Mixed Fruit
Apple 100% Juice

20 Bacon, Egg and Cheese
Breakfast Sandwich
100% Orange Juice Blend

21 Sausage, Egg and
Cheese Sandwich
Mixed Fruit
Apple 100% Juice

22 Honey Bun
Bacon, Egg and Cheese
Breakfast Sandwich
Mixed Fruit
Fresh Orange
Apple 100% Juice



24 **School
Closed**

27 Bacon, Egg and Cheese
Breakfast Sandwich
Mixed Fruit
100% Orange Juice Blend

28 Sausage, Egg and
Cheese Sandwich
Mixed Fruit
Fresh Banana
Apple 100% Juice

29 Chocolate Chip Muffin
Apple 100% Juice
Mixed Fruit

30 Bacon, Egg and Cheese
Breakfast Sandwich
100% Orange Juice Blend
Mixed Fruit



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

There is no charge
for breakfast.

Available Daily

Assorted whole grain cereals served with a cheese stick
Whole grain bagel with cream cheese
Yogurt parfait with fruit and granola
Variety of fresh and chilled fruit and 100% fruit juices

All meals are served with choice of fat free chocolate or 1% low fat or skim milk

If you have any questions or would like additional information regarding this menu please contact your food service director Rich Hollander at 518 328 5490 or hollanderr@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.