

Welcome to our Breakfast Cafe @ Troy Middle School

September
2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



4	5	6 Honey Bun Bacon, Egg and Cheese Breakfast Sandwich Mixed Fruit Fresh Apple 100% Orange Juice Blend	7 French Toast Syrup Sausage, Egg and Cheese Sandwich Applesauce Fresh Orange Apple 100% Juice	8 Waffles Syrup Bacon, Egg and Cheese Breakfast Sandwich Pineapple Tidbits Fresh Apple 100% Orange Juice Blend
11 French Toast Syrup Bacon, Egg and Cheese Breakfast Sandwich Diced Peach Cup Fresh Apple 100% Orange Juice Blend	12 Pancakes Syrup Sausage, Egg and Cheese Sandwich Pineapple Tidbits Banana Apple 100% Juice	13 Honey Bun Bacon, Egg and Cheese Breakfast Sandwich Diced Pears Fresh Orange Apple 100% Juice	14 French Toast Syrup Sausage, Egg and Cheese Sandwich Mixed Fruit Banana 100% Orange Juice Blend	15 Waffles Syrup Bacon, Egg and Cheese Breakfast Sandwich Applesauce Fresh Orange Apple 100% Juice
18 French Toast Syrup Bacon, Egg and Cheese Breakfast Sandwich Pineapple Tidbits Fresh Apple 100% Orange Juice Blend	19 Pancakes Syrup Sausage, Egg and Cheese Sandwich Diced Peach Cup Banana Apple 100% Juice	20 Honey Bun Bacon, Egg and Cheese Breakfast Sandwich Diced Pears Fresh Orange Apple 100% Juice	21 School is closed for Rosh Hashanah	22 Waffles Syrup Bacon, Egg and Cheese Breakfast Sandwich Diced Pears Fresh Apple 100% Orange Juice Blend
25 French Toast Syrup Bacon, Egg and Cheese Breakfast Sandwich Mixed Fruit Fresh Apple 100% Orange Juice Blend	26 Pancakes Syrup Sausage, Egg and Cheese Sandwich Applesauce Banana Apple 100% Juice	27 Honey Bun Bacon, Egg and Cheese Breakfast Sandwich Pineapple Tidbits Fresh Orange Apple 100% Juice	28 French Toast Syrup Sausage, Egg and Cheese Sandwich Diced Peach Cup Banana Apple 100% Juice	29 Waffles Syrup Bacon, Egg and Cheese Breakfast Sandwich Diced Pears Fresh Apple 100% Orange Juice Blend

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com



or scan our QR code to see all that we are doing to keep our young customers healthy!



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.