

Welcome to our Breakfast Cafe @ Troy Middle School

June
2018

Monday

Tuesday

Wednesday

Thursday

Friday

LET'S
CELEBRATE!
WHITSON'S
School Nutrition

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

VEGETARIAN MADE WITH ORGANIC INGREDIENTS
MADE WITH ALL NATURAL INGREDIENTS P PORK V VEGAN



1 Honey Bun
Fresh Bagel
Lite Cream Cheese
Apple 100% Juice
Fat Free Chocolate Milk
Fat Free Milk

START YOUR DAY THE HEALTHY WAY! HAVE A NUTRITIOUS BREAKFAST!

4 Bacon, Egg and Cheese Breakfast Sandwich
Mozzarella String Cheese
Red. Sugar Frosted Flakes
Whole Grain Chocolate Chip Muffin
Fruity Peach & Granola Parfait
100% Orange Juice Blend
Fat Free Chocolate Milk

5 Sausage, Egg and Cheese Sandwich
Apple Cider Donut
Fresh Bagel
Lite Cream Cheese
Whole Grain Blueberry Muffin
Apple 100% Juice
Fat Free Milk

6 Bacon, Egg and Cheese Breakfast Sandwich
Fresh Bagel
Lite Cream Cheese
Fresh Banana
100% Orange Juice Blend
Fat Free Chocolate Milk
Fat Free Milk

7 Sausage, Egg and Cheese Sandwich
Cinnamon Frosted Flakes
Mozzarella String Cheese
Strawberry Pop Tart
Honey Bun
Apple 100% Juice
Fat Free Chocolate Milk
Fat Free Milk

8 Red. Sugar Trix
Mozzarella String Cheese
Bacon, Egg and Cheese Breakfast Sandwich
Whole Grain Blueberry Muffin
Whole Grain Chocolate Chip Muffin
100% Orange Juice Blend
Fat Free Chocolate Milk
Fat Free Milk

11 Sausage, Egg and Cheese Sandwich
Strawberry Pop Tart
Strawberry Banana Yogurt Cup
Animal Crackers
Honey Bun
Apple 100% Juice
Fat Free Chocolate Milk
Fat Free Milk

12 Bacon, Egg and Cheese Breakfast Sandwich
Fruity Parfait
Organic Granola
Whole Grain Banana Muffin
Whole Grain Apple Cinnamon Muffin
100% Orange Juice Blend
Fat Free Chocolate Milk
Fat Free Milk

13 Whole Grain Pancakes with Sausage
Strawberry Pop Tart
Honey Bun
Fresh Bagel
Lite Cream Cheese
Apple 100% Juice
Fat Free Chocolate Milk
Fat Free Milk

14 Bacon, Egg and Cheese Breakfast Sandwich
Whole Grain Blueberry Muffin
Whole Grain Chocolate Chip Muffin
Apple Cider Donut
100% Orange Juice Blend
Fat Free Chocolate Milk
Fat Free Milk

15 Sausage, Egg and Cheese Sandwich
Fresh Bagel
Lite Cream Cheese
Strawberry Banana Yogurt Cup
Apple 100% Juice
Fat Free Chocolate Milk
Fat Free Milk

18 Bacon, Egg and Cheese Breakfast Sandwich
Strawberry Pop Tart
Honey Bun
Whole Grain Chocolate Chip Muffin
Whole Grain Apple Cinnamon Muffin
100% Orange Juice Blend
Fat Free Chocolate Milk
Fat Free Milk

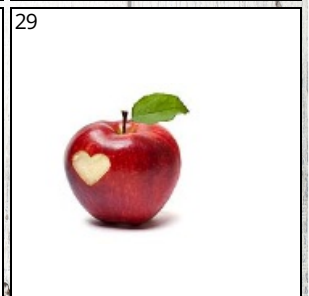
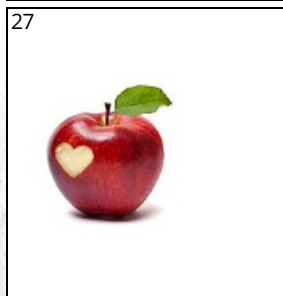
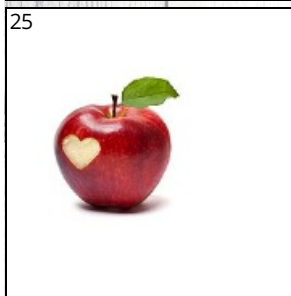
19 Sausage, Egg and Cheese Sandwich
Fresh Bagel
Lite Cream Cheese
Fruity Granola Parfait
Orange Juice
Fat Free Chocolate Milk
Fat Free Milk

20 Bacon, Egg and Cheese Breakfast Sandwich
Strawberry Pop Tart
Apple Cinnamon Donut
Whole Grain Banana Muffin
Whole Grain Apple Cinnamon Muffin
Honey Bun
Apple 100% Juice
Fat Free Chocolate Milk

21 Whole Grain Served with 100% Juice Fruit cup, Low Fat Milk

LET'S CELEBRATE!

HAVE A GREAT SUMMER



We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are moving towards phasing out processed foods and instead, offering more all natural, organic or non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com or scan our QR code for more information.



**Breakfast Prices -FREE
USDA AND NYSED PARTNER
TOGETHER TO SERVE
MEALS TO ALL KIDS AND
TEENS 18 AND UNDER CALL
1.800.522.5006 FOR MORE
INFORMATION ON A
SUMMER FEEDING SITE
NEAR YOU!**

Available Daily

Whole grain bagels w/ butter or low fat cream cheese
Assorted Yogurt
Assorted Muffins: blueberry, chocolate chip or corn
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

*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.