

Welcome to our Breakfast Cafe at...

Troy Elementary School

November

2019

Monday

Tuesday

Wednesday

Thursday


Friday

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



1 WG Blueberry Muffin ✓
Sliced Peaches

4 Golden Grahams ✓
Animal Crackers
Mixed Fruit



5 **SCHOOL
CLOSED
TODAY**

6 Red. Sugar Frosted Flakes ✓
NY String Cheese
Cinnamon Applesauce

7 Maple Mini Waffles ✓
maple flavored mini waffles
Mixed Fruit

8 Strawberry Mini Bagel ✓
Sliced Peaches

11 **SCHOOL
CLOSED
TODAY**

12 Egg & Cheese on a Roll
egg and American cheese on a whole wheat hamburger bun ✓
Sliced Peaches

13 Red. Sugar Froot Loops ✓
Cinnamon Applesauce
NY String Cheese

14 Fluffy Whole Grain Pancakes ✓
warm whole grain pancakes
Mixed Fruit

15 WW Honey Bun ✓
Sliced Peaches

18 Red. Sugar Frosted Flakes ✓
Animal Crackers
Mixed Fruit



19 Egg & Cheese on a Roll
egg and American cheese on a whole wheat hamburger bun ✓
Sliced Peaches

20 Rice Krispies ✓
NY String Cheese
Cinnamon Applesauce

21 Fluffy Whole Grain Pancakes ✓
warm whole grain pancakes
Mixed Fruit


22 WG Chocolate Chip Muffin ✓
Diced Peach Cup

25 Raisin Bran ✓
Animal Crackers
Mixed Fruit



26 Egg & Cheese on a Roll
egg and American cheese on a whole wheat hamburger bun ✓
Sliced Peaches

27 Red. Sugar Trix ✓
NY String Cheese
Cinnamon Applesauce

28 

29 **SCHOOL
CLOSED
TODAY**



Whitsons is committed to the Farm-to-School movement and serving wholesome, high-quality meals prepared with fresh, locally sourced ingredients. Did you know that Whitsons sources an average of 52% of our total product mix locally?



Breakfast Is Free

If you have any questions please contact Rich Hollander at 518-328-5489 or rhollander@whitsons.com

All Breakfast Include;
100 % Juice-apple or orange
Assorted Fresh Fruits
Milk Choice of ; fat free white , chocolate or 1%
Soy or lactaid available with required documentation.
All items are whole grain

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*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.