







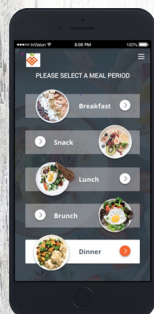
# Welcome to our Breakfast Cafe

# Troy HS

# November 2020

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fresh Whole Wheat Bagel ✓ Cream Cheese WG Chocolate Chip Muffin ✓ 100% Apple Juice	3 	4 Strawberry Pop Tart Apple Cinnamon Donut ✓ 100% Apple Juice	5 Fresh Whole Wheat Bagel ✓ Cream Cheese WG Chocolate Chip Muffin ✓ 100% Orange Juice Blend	6 WW Honey Bun ✓ WG Blueberry Muffin ✓ 100% Apple Juice
9 Fresh Whole Wheat Bagel ✓ Cream Cheese WG Chocolate Chip Muffin ✓ 100% Apple Juice	10 WW Honey Bun ✓ WG Blueberry Muffin ✓ 100% Orange Juice Blend	11 	12 Fresh Whole Wheat Bagel ✓ Cream Cheese WG Chocolate Chip Muffin ✓ 100% Orange Juice Blend	13 WW Honey Bun ✓ WG Blueberry Muffin ✓ 100% Apple Juice
16 Fresh Whole Wheat Bagel ✓ Cream Cheese WG Chocolate Chip Muffin ✓ 100% Apple Juice	17 WW Honey Bun ✓ WG Blueberry Muffin ✓ 100% Orange Juice Blend	18 Strawberry Pop Tart Apple Cinnamon Donut ✓ 100% Apple Juice	19 Fresh Whole Wheat Bagel ✓ Cream Cheese WG Chocolate Chip Muffin ✓ 100% Orange Juice Blend	20 WW Honey Bun ✓ WG Blueberry Muffin ✓ 100% Apple Juice
23 Fresh Whole Wheat Bagel ✓ Cream Cheese WG Chocolate Chip Muffin ✓ 100% Apple Juice	24 WW Honey Bun ✓ WG Blueberry Muffin ✓ 100% Orange Juice Blend	25 Strawberry Pop Tart Apple Cinnamon Donut ✓ 100% Apple Juice	26 	27 
30 Fresh Bagel ✓ Cream Cheese Apple Cider Donut 100% Apple Juice	<div data-bbox="373 1453 1180 1606" data-label="Text"> <h2>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</h2> </div> <div data-bbox="1198 1430 1490 1640" data-label="Image"></div>			



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



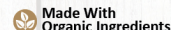
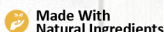
### BREAKFAST IS FREE

All Breakfast are served with a choice of fat free white or chocolate milk

All breads are whole grain

**Available Daily : Assorted cereals  
Yogurt/grahamcracker/cheese stick  
Fresh Fruits**

**Any Questions contact your FSD  
Rich Hollander at 518-328-5490  
or E-mail [RHollander@whitsons.com](mailto:RHollander@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. This institution is an equal opportunity provider.