



Welcome to our Breakfast Cafe



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

November 2022

CASTLETON ELEMENTARY

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Apple Cinnamon Muffin 100% Apple Juice Fat Free Milk 1% Milk	2 WW Honey Bun 100% Apple Juice Fat Free Milk 1% Milk	3 Reduced Sugar Trix Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk	4 Brown Sugar Cinnamon Pop Tart Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk
7 Whole Grain Bagel with Cream Cheese 100% Apple Juice Fat Free Milk 1% Milk	8 WG Blueberry Muffin 100% Apple Juice Fat Free Milk 1% Milk	9 Maple Mini Waffles 100% Apple Juice Fat Free Milk 1% Milk	10 Fruity Cheerios Cereal Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk	11 SCHOOL CLOSED TODAY
14 Whole Grain Bagel with Cream Cheese 100% Apple Juice Fat Free Milk 1% Milk	15 WG Chocolate Chip Muffin 100% Apple Juice Fat Free Milk 1% Milk	16 WW Honey Bun 100% Apple Juice Fat Free Milk 1% Milk	17 Golden Grahams Cereal Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk	18 SCHOOL CLOSED TODAY
21 Whole Grain Bagel with Cream Cheese 100% Apple Juice Fat Free Milk 1% Milk	22 WG Blueberry Muffin 100% Apple Juice Fat Free Milk 1% Milk	23 Maple Mini Waffles 100% Apple Juice Fat Free Milk 1% Milk	24	25 SCHOOL CLOSED TODAY
28 Whole Grain Bagel with Cream Cheese 100% Apple Juice Fat Free Milk 1% Milk	29 WG Chocolate Chip Muffin 100% Apple Juice Fat Free Milk 1% Milk	30 WW Honey Bun 100% Apple Juice Fat Free Milk 1% Milk		



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.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.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA)

civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

Breakfast Prices

Regular: \$0.00 Reduced: \$0.00 If you have any questions or would like additional information regarding this menu please contact your food service director

Available Daily

Assorted Cereals, Pop Tarts and Cereal Bars all are offered w/cheese string, graham cracker, or yogurt. Variety of warm muffins. All served with fat free or low fat milk, assorted juices and fresh fruits.



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

