

# Welcome to our Breakfast Cafe

# Schodack HS

# November 2022



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

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
|   | 1 Egg and Cheese Sandwich   100% Apple Juice  1% Milk                                 | 2 Sausage, Egg and Sandwich W/Cheese  100% Apple Juice  1% Milk  Fat Free Milk        | 3 Ham, Egg and Cheese Sandwich   100% Apple Juice  1% Milk                     | 4 Egg and Cheese Sandwich W/ Bacon  100% Apple Juice  1% Milk |
| 7 Egg and Cheese Sandwich  100% Apple Juice  1% Milk                                  | 8 Homemade Waffles  100% Apple Juice  1% Milk   | 9 Egg and Cheese Sandwich W/ Sausage  100% Apple Juice  1% Milk  Fat Free Milk        | 10 Cinnamon Bun  100% Apple Juice  1% Milk  Fat Free Milk                      | 11  IT'S VETERANS DAY   |
| 14 Bagel Melt Sandwich with Egg & Cheese  100% Apple Juice  1% Milk  Fat Free Milk    | 15 Bacon, Egg and Cheese Breakfast Sandwich  100% Apple Juice  1% Milk  Fat Free Milk | 16 Whole Grain French Toast Slices  100% Apple Juice  1% Milk  Fat Free Milk          | 17 Scrambled Eggs with Cheese  Toast  100% Apple Juice  1% Milk  Fat Free Milk | 18 <b>SCHOOL CLOSED TODAY</b>                                 |
| 21 Bacon, Egg and Cheese Breakfast Sandwich  100% Apple Juice  1% Milk  Fat Free Milk | 22 Fluffy Whole Grain Waffles  100% Apple Juice  1% Milk  Fat Free Milk               | 23 <b>SCHOOL CLOSED TODAY</b>   | 24  THANKSGIVING DAY   | 25 <b>SCHOOL CLOSED TODAY</b>                                 |
| 28 Chicken Sausage Pancake Bites  100% Apple Juice  1% Milk  Fat Free Milk            | 29 Bacon, Egg and Cheese Breakfast sandwich  100% Apple Juice  1% Milk  Fat Free Milk | 30 Whole Grain French Toast Slices Sandwich  100% Apple Juice  1% Milk  Fat Free Milk | <b>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</b>                   |   |

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](http://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.

### Available Daily

Assorted WG Cereal ~ Cereal Bars ~ Muffins ~ Bagels ~ Egg Sandwiches ~ Milk and Fruit / Fruit Juices, String Cheese ~ Graham Cracker ~ Yogurt

If you have any questions or would like additional information regarding this menu please contact your food service director

