



# 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 Veggabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

# March 2023

# CASTLETON ELEMENTARY

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

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



6 Whole Grain Bagel with Cream Cheese  
100% Apple Juice  
Fat Free Milk  
1% Milk

7 WG Blueberry Muffin  
100% Apple Juice  
Fat Free Milk  
1% Milk

8 100% Apple Juice  
Fat Free Milk  
1% Milk  
Egg and Cheese Sandwich

9 Fruity Cheerios Cereal  
Graham Crackers  
100% Apple Juice  
Fat Free Milk  
1% Milk

10 Cinnamon Bun Sticks  
Graham Crackers  
100% Apple Juice  
Fat Free Milk  
1% Milk

13 Whole Grain Bagel with Cream Cheese  
100% Apple Juice  
Fat Free Milk  
1% Milk

14 WG Chocolate Chip Muffin  
100% Apple Juice  
Fat Free Milk  
1% Milk

15 100% Apple Juice  
Fat Free Milk  
1% Milk  
Egg and Cheese Sandwich

16 Golden Grahams Cereal  
Graham Crackers  
100% Apple Juice  
Fat Free Milk  
1% Milk



20 Whole Grain Bagel with Cream Cheese  
100% Apple Juice  
Fat Free Milk  
1% Milk

21 WG Blueberry Muffin  
100% Apple Juice  
Fat Free Milk  
1% Milk

22 Maple Mini Waffles  
100% Apple Juice  
Fat Free Milk  
1% Milk

23 Red. Sugar Cocoa Puffs Cereal  
Graham Crackers  
100% Apple Juice  
Fat Free Milk  
1% Milk

24 Cinnamon Bun Sticks  
100% Apple Juice  
Fat Free Milk  
1% Milk

27 Whole Grain Bagel with Cream Cheese  
100% Apple Juice  
Fat Free Milk  
1% Milk

28 WG Chocolate Chip Muffin  
100% Apple Juice  
Fat Free Milk  
1% Milk

29 100% Apple Juice  
Fat Free Milk  
1% Milk  
Egg and Cheese Sandwich

30 Golden Grahams Cereal  
Graham Crackers  
100% Apple Juice  
Fat Free Milk  
1% Milk

31 Brown Sugar Cinnamon Pop Tart  
Graham Crackers  
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](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 orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

Student Breakfast is \$1.55  
Adult Breakfast \$2.71 + tax  
518-732-4269 for more information

### 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.

