



# Welcome to our Breakfast Cafe

# Schodack HS

# March 2023



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 Vegabols promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

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



1 Whole Grain French Toast Slices ✓  
100% Apple Juice  
1% Milk  
Fat Free Milk

2 Ham, Egg and Cheese Sandwich P  
100% Apple Juice  
1% Milk

3 Sausage, Egg and Cheese Sandwich  
100% Apple Juice  
1% Milk

6 Bacon, Egg and Cheese Breakfast Sandwich  
100% Apple Juice  
1% Milk

7 Homemade Waffles  
100% Apple Juice ✓  
1% Milk

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

9 Cinnamon Bun Sticks ✓  
100% Apple Juice  
1% Milk  
Fat Free Milk

10 Bacon, Egg and Cheese Breakfast Sandwich  
100% Apple Juice  
1% Milk  
Fat Free Milk

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

14 Bacon, Egg and Cheese Breakfast Sandwich  
100% Apple Juice  
1% Milk  
Fat Free Milk

15 Whole Grain French Toast Slices ✓  
100% Apple Juice  
1% Milk  
Fat Free Milk

16 Scrambled Eggs with Cheese ✓  
Toast ✓  
100% Apple Juice  
1% Milk  
Fat Free Milk



20 Bacon, Egg and Cheese Breakfast Sandwich  
100% Apple Juice  
1% Milk  
Fat Free Milk

21 Fluffy Whole Grain Waffles ✓  
100% Apple Juice  
1% Milk  
Fat Free Milk

22 Ham, Egg and Cheese Sandwich P  
100% Apple Juice  
1% Milk  
Fat Free Milk

23 Cinnamon Bun Sticks ✓  
100% Apple Juice  
1% Milk  
Fat Free Milk

24 Sausage, Egg and Cheese Sandwich  
100% Apple Juice  
1% Milk  
Fat Free Milk

27 Chicken Sausage Pancake Bites  
100% Apple Juice  
1% Milk  
Fat Free Milk

28 Bacon, Egg and Cheese Breakfast Sandwich  
100% Apple Juice  
1% Milk  
Fat Free Milk

29 Whole Grain French Toast Slices ✓  
100% Apple Juice  
1% Milk  
Fat Free Milk

30 Scrambled Eggs with Cheese ✓  
Toast ✓  
100% Apple Juice  
1% Milk  
Fat Free Milk

31 Bacon, Egg and Cheese Breakfast Sandwich  
100% Apple Juice  
1% Milk  
Fat Free 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 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: \$1.55

### 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

