



Welcome to our Breakfast Cafe

CASTLETON ELEMENTARY

May 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
1 Whole Grain Bagel with Cream Cheese 100% Apple Juice Fat Free Milk 1% Milk	2 WG Chocolate Chip Muffin 100% Apple Juice Fat Free Milk 1% Milk 	3 100% Apple Juice Fat Free Milk 1% Milk Egg and Cheese Sandwich	4 Reduced Sugar Trix Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk	5 Brown Sugar Cinnamon Pop Tart Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk
8 Whole Grain Bagel with Cream Cheese 100% Apple Juice Fat Free Milk 1% Milk	9 WG Blueberry Muffin 100% Apple Juice Fat Free Milk 1% Milk	10 100% Apple Juice Fat Free Milk 1% Milk Egg and Cheese Sandwich	11 Fruity Cheerios Cereal Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk 	12 Cinnamon Bun Sticks Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk
15 Whole Grain Bagel with Cream Cheese 100% Apple Juice Fat Free Milk 1% Milk	16 WG Chocolate Chip Muffin 100% Apple Juice Fat Free Milk 1% Milk	17 100% Apple Juice Fat Free Milk 1% Milk Egg and Cheese Sandwich	18 Golden Grahams Cereal Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk	19 Strawberry Pop Tart Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk
22 Whole Grain Bagel with Cream Cheese 100% Apple Juice Fat Free Milk 1% Milk	23 WG Blueberry Muffin 100% Apple Juice Fat Free Milk 1% Milk	24 Maple Mini Waffles 100% Apple Juice Fat Free Milk 1% Milk	25 Red. Sugar Cocoa Puffs Cereal Graham Crackers 100% Apple Juice Fat Free Milk 1% Milk	26 Cinnamon Bun Sticks 100% Apple Juice Fat Free Milk 1% Milk
29 	30 WG Chocolate Chip Muffin 100% Apple Juice Fat Free Milk 1% Milk 	31 100% Apple Juice Fat Free Milk 1% Milk Egg and Cheese Sandwich	<h2>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</h2> 	



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 orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

Student Breakfast \$1.55

Adult Breakfast \$2.71+tax

For more information
518-732-4269

All breads are Whole Grain

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.

