



# Welcome to our Breakfast Cafe

# Schodack HS

# 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 Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday	Tuesday	Wednesday	Thursday	Friday
1 Egg and Cheese Sandwich 100% Apple Juice ✓ 1% Milk Fat Free Milk	2 Bacon, Egg and Cheese Breakfast Sandwich 100% Apple Juice 1% Milk Fat Free Milk	3 Whole Grain French Toast Slices ✓ 100% Apple Juice 1% Milk Fat Free Milk	4 Ham, Egg and Cheese Sandwich P 100% Apple Juice 1% Milk	5 Turkey Sausage, Egg and Cheese Sandwich 100% Apple Juice ✓ 1% Milk
8 Bacon, Egg and Cheese Breakfast Sandwich 100% Apple Juice 1% Milk	9 Homemade Waffles ✓ 100% Apple Juice 1% Milk	10 Sausage, Egg and Cheese Sandwich ✓ 100% Apple Juice 1% Milk Fat Free Milk	11 Cinnamon Bun Sticks 100% Apple Juice ✓ 1% Milk Fat Free Milk	12 Bacon, Egg and Cheese Breakfast Sandwich 100% Apple Juice 1% Milk Fat Free Milk
15 Egg and Cheese Sandwich 100% Apple Juice ✓ 1% Milk Fat Free Milk	16 Bacon, Egg and Cheese Breakfast Sandwich 100% Apple Juice 1% Milk Fat Free Milk	17 Whole Grain French Toast Slices 100% Apple Juice ✓ 1% Milk Fat Free Milk	18 Scrambled Eggs with Cheese ✓ 100% Apple Juice ✓ 1% Milk Fat Free Milk	19 Chicken Sausage Pancake Bites 100% Apple Juice 1% Milk Fat Free Milk
22 Bacon, Egg and Cheese Breakfast Sandwich 100% Apple Juice 1% Milk Fat Free Milk	23 Fluffy Whole Grain Waffles ✓ 100% Apple Juice 1% Milk Fat Free Milk	24 Ham, Egg and Cheese Sandwich P 100% Apple Juice 1% Milk Fat Free Milk	25 Cinnamon Bun Sticks 100% Apple Juice ✓ 1% Milk Fat Free Milk	26 Turkey Sausage, Egg and Cheese Sandwich 100% Apple Juice ✓ 1% Milk Fat Free Milk
29 	30 Bacon, Egg and Cheese Breakfast Sandwich 100% Apple Juice 1% Milk Fat Free Milk	31 Whole Grain French Toast Slices ✓ 100% Apple Juice 1% Milk Fat Free Milk	 <p><b>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</b></p>	



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  
Adult \$2.71+tax  
518-732-4269

For more information  
All breads are Whole grain

### 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

