

# Breakfast Menu

# Center ES

March  
2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday


Friday

Alternate Daily Choices include:

Yogurt with Granola

Reduced Sugar Cereal

Fruit, Juice and Choice of Milk offered daily  
with Breakfast


1 Grab & Go Apple  
Cinnamon Muffin  
Pack   
Fresh Banana  
Low Fat Milk

4 Grab & Go Chocolate  
Chip Muffin Pack   
Applesauce  
Low Fat Milk

5 Mini Cinnamon Pull  
Apart Roll   
Low Fat Milk  
100% Apple Juice

6 Fluffy Whole Grain  
Waffles   
With Syrup  
Fresh Apple  
Low Fat Milk

7 WW Honey Bun   
Orange 100% Juice  
Low Fat Milk


8 Grab & Go Apple  
Cinnamon Muffin  
Pack   
Fresh Banana  
Low Fat Milk

11 Grab & Go Chocolate  
Chip Muffin Pack   
Applesauce  
Low Fat Milk

12 Mini Cinnamon Pull  
Apart Roll   
100% Apple Juice  
Low Fat Milk


13 Fluffy Whole Grain  
Waffles   
With Syrup  
Fresh Apple  
Low Fat Milk

14 WW Honey Bun   
Orange 100% Juice  
Low Fat Milk

15 Grab & Go Apple  
Cinnamon Muffin  
Pack   
Fresh Banana  
Low Fat Milk

18 Grab & Go Chocolate  
Chip Muffin Pack   
Applesauce  
Low Fat Milk

19 Mini Cinnamon Pull  
Apart Roll   
100% Apple Juice  
Low Fat Milk

20 Fluffy Whole Grain  
Waffles   
With Syrup  
Fresh Apple  
Low Fat Milk

21 WW Honey Bun   
Fresh Apple  
Fat Free Chocolate  
Milk

22 Grab & Go Blueberry  
Muffin Pack   
Fresh Banana  
Low Fat Milk

25 Grab & Go Chocolate  
Chip Muffin Pack   
Applesauce  
Low Fat Milk

26 Mini Cinnamon Pull  
Apart Roll   
100% Apple Juice  
Low Fat Milk

27 Fluffy Whole Grain  
Waffles   
With Syrup  
Fresh Apple  
Low Fat Milk

28 WW Honey Bun   
Fresh Apple  
Fat Free Chocolate  
Milk

29 **Breakfast is  
FREE for all  
students  
this year!**

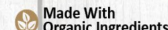
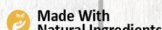
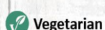


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\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*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 Menu

# Crystal Lake

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**Wednesday**

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**Friday**

Alternate Daily Choices include:

Yogurt with Granola

Reduced Sugar Cereal

Fruit, Juice and Choice of Milk offered daily  
with Breakfast


1 Grab & Go Apple Cinnamon Muffin Pack  Fresh Banana Low Fat Milk

4 Grab & Go Chocolate Chip Muffin Pack  Applesauce Low Fat Milk

5 Mini Cinnamon Pull Apart Roll  Low Fat Milk 100% Apple Juice

6 Fluffy Whole Grain Waffles  With Syrup Fresh Apple Low Fat Milk

7 WW Honey Bun  Orange 100% Juice Low Fat Milk


8 Grab & Go Apple Cinnamon Muffin Pack  Fresh Banana Low Fat Milk

11 Grab & Go Chocolate Chip Muffin Pack  Applesauce Low Fat Milk

12 Mini Cinnamon Pull Apart Roll  100% Apple Juice Low Fat Milk


13 Fluffy Whole Grain Waffles  With Syrup Fresh Apple Low Fat Milk

14 WW Honey Bun  Orange 100% Juice Low Fat Milk

15 Grab & Go Apple Cinnamon Muffin Pack  Fresh Banana Low Fat Milk

18 Grab & Go Chocolate Chip Muffin Pack  Applesauce Low Fat Milk

19 Mini Cinnamon Pull Apart Roll  100% Apple Juice Low Fat Milk

20 Fluffy Whole Grain Waffles  With Syrup Fresh Apple Low Fat Milk

21 WW Honey Bun  Fresh Apple Fat Free Chocolate Milk

22 Grab & Go Blueberry Muffin Pack  Fresh Banana Low Fat Milk

25 Grab & Go Chocolate Chip Muffin Pack  Applesauce Low Fat Milk

26 Mini Cinnamon Pull Apart Roll  100% Apple Juice Low Fat Milk

27 Fluffy Whole Grain Waffles  With Syrup Fresh Apple Low Fat Milk

28 WW Honey Bun  Fresh Apple Fat Free Chocolate Milk

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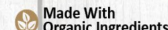
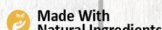
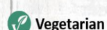


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# Breakfast Menu

# Windermere ES

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Reduced Sugar Cereal

Fruit, Juice and Choice of Milk offered daily  
with Breakfast


1 Grab & Go Apple  
Cinnamon Muffin  
Pack   
Fresh Banana  
Low Fat Milk

4 Grab & Go Chocolate  
Chip Muffin Pack   
Applesauce  
Low Fat Milk

5 Mini Cinnamon Pull  
Apart Roll   
Low Fat Milk  
100% Apple Juice

6 Fluffy Whole Grain  
Waffles   
With Syrup  
Fresh Apple  
Low Fat Milk

7 WW Honey Bun   
Orange 100% Juice  
Low Fat Milk


8 Grab & Go Apple  
Cinnamon Muffin  
Pack   
Fresh Banana  
Low Fat Milk

11 Grab & Go Chocolate  
Chip Muffin Pack   
Applesauce  
Low Fat Milk

12 Mini Cinnamon Pull  
Apart Roll   
100% Apple Juice  
Low Fat Milk


13 Fluffy Whole Grain  
Waffles   
With Syrup  
Fresh Apple  
Low Fat Milk


14 WW Honey Bun   
Orange 100% Juice  
Low Fat Milk

15 Grab & Go Apple  
Cinnamon Muffin  
Pack   
Fresh Banana  
Low Fat Milk

18 Grab & Go Chocolate  
Chip Muffin Pack   
Applesauce  
Low Fat Milk

19 Mini Cinnamon Pull  
Apart Roll   
100% Apple Juice  
Low Fat Milk

20 Fluffy Whole Grain  
Waffles   
With Syrup  
Fresh Apple  
Low Fat Milk

21 WW Honey Bun   
Fresh Apple  
Fat Free Chocolate  
Milk

22 Grab & Go Blueberry  
Muffin Pack   
Fresh Banana  
Low Fat Milk

25 Grab & Go Chocolate  
Chip Muffin Pack   
Applesauce  
Low Fat Milk

26 Mini Cinnamon Pull  
Apart Roll   
100% Apple Juice  
Low Fat Milk

27 Fluffy Whole Grain  
Waffles   
With Syrup  
Fresh Apple  
Low Fat Milk

28 WW Honey Bun   
Fresh Apple  
Fat Free Chocolate  
Milk

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