

Breakfast Menu

Ellington HS

March
2024

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

Alternate Daily Choices Include:
Reduced Sugar Cereals, Whole Grain Muffin
or Bagel

Juice, Fruit and Choice of Milk
Offered Daily with Breakfast

1 1 - Egg and Cheese Sandwich
2 - Fruity Parfait
Fresh Banana
Low Fat Milk

4 1 - Egg and Cheese Sandwich
2 - Strawberry Banana Smoothie
Fresh Apple
Low Fat Milk

5 1 - Sausage, Egg and Cheese Sandwich
2 - Fruity Parfait
Fat Free Chocolate Milk
100% Apple Juice

6 1 - Bacon, Egg and Cheese Breakfast Sandwich
2 - Strawberry Banana Smoothie
Fresh Orange
Low Fat Milk

7 1 - Sausage, Egg and Cheese Sandwich
2 - Fruity Parfait
Orange 100% Juice
Low Fat Milk

8 1 - Egg and Cheese Sandwich
2 - Strawberry Banana Smoothie
Fresh Banana
Low Fat Milk

11 1 - Egg and Cheese Sandwich
2 - Fruity Parfait
Fresh Apple
Low Fat Milk

12 1 - Sausage, Egg and Cheese Sandwich
2 - Strawberry Banana Smoothie
100% Apple Juice
Low Fat Milk

13 1 - Bacon, Egg and Cheese Breakfast Sandwich
2 - Fruity Parfait
Fresh Orange
Low Fat Milk

14 1 - Sausage, Egg and Cheese Sandwich
2 - Strawberry Banana Smoothie
Orange 100% Juice
Low Fat Milk

15 1 - Egg and Cheese Sandwich
2 - Fruity Parfait
Fresh Banana
Low Fat Milk

18 1 - Egg and Cheese Sandwich
2 - Strawberry Banana Smoothie
Fresh Apple
Low Fat Milk

19 1 - Sausage, Egg and Cheese Sandwich
2 - Fruity Parfait
100% Apple Juice
Low Fat Milk

20 1 - Bacon, Egg and Cheese Breakfast Sandwich
2 - Strawberry Banana Smoothie
Fresh Orange
Low Fat Milk

21 1 - Sausage, Egg and Cheese Sandwich
2 - Fruity Parfait
Orange 100% Juice
Low Fat Milk

22 1 - Egg and Cheese Sandwich
2 - Strawberry Banana Smoothie
Fresh Banana
Low Fat Milk

25 1 - Egg and Cheese Sandwich
2 - Fruity Parfait
Fresh Apple
Low Fat Milk

26 1 - Sausage, Egg and Cheese Sandwich
2 - Strawberry Banana Smoothie
100% Apple Juice
Low Fat Milk

27 1 - Bacon, Egg and Cheese Breakfast Sandwich
2 - Fruity Parfait
Fresh Orange
Low Fat Milk

28 1 - Sausage, Egg and Cheese Sandwich
2 - Fruity Parfait
Orange 100% Juice
Low Fat Milk

29 Breakfast is
FREE for all
Students this
year!



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

