Welcome to our Breakfast Cafe at... Center ES

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Cinnamon Donut, Fresh Banana, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	3 Cinnamon & Sugar Stuffed Bread Sticks, Blueberries, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	4 Classic Overnight Oats, Fresh Orange, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	5 Sausage, Egg and Cheese Sandwich, Fresh Pear, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	6 NY Strawberry Banana Yogurt Cup, Organic Granola, Fresh Apple, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk
9 Apple Cinnamon Donut, Fresh Banana, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	10 Fluffy Whole Grain Pancakes, Blueberries, 100% Orange Juice Blend, Low Fat Milk Fat Free Milk	11 Cinnamon Apple Overnight Oats, Fresh Orange, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	12 Bacon, Egg and Cheese Breakfast Sandwich, Fresh Pear, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	13 NY Raspberry Yogurt Cup, Organic Granola, Fresh Apple, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk
16 Apple Cinnamon Donut, Fresh Banana, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	17 Cinnamon & Sugar Stuffed Bread Sticks, Blueberries, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	18 Classic Overnight Oats, Fresh Orange, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	19 Sausage, Egg and Cheese Sandwich, Fresh Pear, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk	20 NY Strawberry Banana Yogurt Cup, Organic Granola, Fresh Apple, 100% Orange Juice Blend, Low Fat Milk Or Fat Free Milk
23	24	25	26	27
30	31			

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

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.

Breakfast Prices

Regular: $2.00

Reduced: $.30

Available Daily

Assorted Muffins: blueberry, chocolate chip or apple cinnamon

Assorted Cereals: Cheerios, Cinnamon Toast Crunch, Fruit Loops or Golden Grahams

All Breakfast Meals Include: Grains, Fruit or 100% Fruit Juice, your choice of Milk

Fruit Variety may include:

Vegetarian | Made With Natural Ingredients | Pork | Smart Choice | Made With Organic Ingredients

*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. This institution is an equal opportunity provider.

Welcome to our Breakfast Cafe at... Crystal Lake

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Cinnamon Donut Fresh Banana 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	3 Cinnamon & Sugar Stuffed Bread Sticks Blueberries 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	4 Classic Overnight Oats Fresh Orange 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	5 Sausage, Egg and Cheese Sandwich Fresh Pear 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	6 NY Strawberry Banana Yogurt Cup Organic Granola Fresh Apple 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk
9 Apple Cinnamon Donut Fresh Banana 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	10 Fluffy Whole Grain Pancakes Blueberries 100% Orange Juice Blend Low Fat Milk Fat Free Milk	11 Cinnamon Apple Overnight Oats Fresh Orange 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	12 Bacon, Egg and Cheese Breakfast Sandwich Fresh Pear 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	13 NY Raspberry Yogurt Cup Organic Granola Fresh Apple 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk
16 Apple Cinnamon Donut Fresh Banana 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	17 Cinnamon & Sugar Stuffed Bread Sticks Blueberries 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	18 Classic Overnight Oats Fresh Orange 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	19 Sausage, Egg and Cheese Sandwich Fresh Pear 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	20 NY Strawberry Banana Yogurt Cup Organic Granola Fresh Apple 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk
23	24	25	26	27
30	31			

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

Breakfast Prices

Regular: $2.00

Reduced: $.30

Available Daily

Assorted Muffins: blueberry, chocolate chip or apple cinnamon

Assorted Cereals: Cheerios, Cinnamon Toast Crunch, Fruit Loops or Golden Grahams

All Breakfast Meals Include: Grains, Fruit or 100% Fruit Juice, your choice of Milk

Fruit Variety may include:

Vegetarian · Made With Natural Ingredients · Pork · Smart Choice · Made With Organic Ingredients

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Welcome to our Breakfast Cafe at... Windermere ES

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Cinnamon Donut Fresh Banana 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	3 Cinnamon & Sugar Stuffed Bread Sticks Blueberries 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	4 Classic Overnight Oats Fresh Orange 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	5 Sausage, Egg and Cheese Sandwich Fresh Pear 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	6 NY Strawberry Banana Yogurt Cup Organic Granola Fresh Apple 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk
9 Apple Cinnamon Donut Fresh Banana 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	10 Fluffy Whole Grain Pancakes Blueberries 100% Orange Juice Blend Low Fat Milk Fat Free Milk	11 Cinnamon Apple Overnight Oats Fresh Orange 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	12 Bacon, Egg and Cheese Breakfast Sandwich Fresh Pear 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	13 NY Raspberry Yogurt Cup Organic Granola Fresh Apple 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk
16 Apple Cinnamon Donut Fresh Banana 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	17 Cinnamon & Sugar Stuffed Bread Sticks Blueberries 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	18 Classic Overnight Oats Fresh Orange 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	19 Sausage, Egg and Cheese Sandwich Fresh Pear 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk	20 NY Strawberry Banana Yogurt Cup Organic Granola Fresh Apple 100% Orange Juice Blend Low Fat Milk Or Fat Free Milk
23	24	25	26	27
30	31			

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

Breakfast Prices

Regular: $2.00

Reduced: $.30

Available Daily

Assorted Muffins: blueberry, chocolate chip or apple cinnamon

Assorted Cereals: Cheerios, Cinnamon Toast Crunch, Fruit Loops or Golden Grahams

All Breakfast Meals Include: Grains, Fruit or 100% Fruit Juice, your choice of Milk

Fruit Variety may include:

Vegetarian · Made With Natural Ingredients · Pork · Smart Choice · Made With Organic Ingredients

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