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Ellington HS

January 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast is FREE for all Students this year!	2 1 - Sausage, Egg and Cheese Sandwich  Strawberry Banana Smoothie 100% Apple Juice Low Fat Milk	3 Bacon, Egg and Cheese Breakfast Sandwich  Fruity Parfait  Fresh Orange Low Fat Milk	4 Sausage, Egg and Cheese Sandwich  Strawberry Banana Smoothie Orange 100% Juice Low Fat Milk	5 1 - Egg and Cheese Sandwich  2 - Fruity Parfait  Fresh Banana Low Fat Milk
8 1 - Egg and Cheese Sandwich  2 - Strawberry Banana Smoothie Fresh Apple Low Fat Milk	9 1 - Sausage, Egg and Cheese Sandwich  2 - Fruity Parfait  Fat Free Chocolate Milk 100% Apple Juice	10 Bacon, Egg and Cheese Breakfast Sandwich  Strawberry Banana Smoothie Fresh Orange Low Fat Milk	11 Sausage, Egg and Cheese Sandwich  Fruity Parfait  Orange 100% Juice Low Fat Milk	12 
15 	16 1 - Sausage, Egg and Cheese Sandwich  2 - Strawberry Banana Smoothie 100% Apple Juice Low Fat Milk	17 1 - Bacon, Egg and Cheese Breakfast Sandwich  2 - Fruity Parfait  Fresh Orange Low Fat Milk	18 1 - Sausage, Egg and Cheese Sandwich  2 - Strawberry Banana Smoothie Orange 100% Juice Low Fat Milk	19 1 - Egg and Cheese Sandwich  2 - Fruity Parfait  Fresh Banana Low Fat Milk
22 1 - Egg and Cheese Sandwich  2 - Strawberry Banana Smoothie Fresh Apple Low Fat Milk	23 1 - Sausage, Egg and Cheese Sandwich  2 - Fruity Parfait  100% Apple Juice Low Fat Milk	24 1 - Bacon, Egg and Cheese Breakfast Sandwich  2 - Strawberry Banana Smoothie Fresh Orange Low Fat Milk	25 1 - Sausage, Egg and Cheese Sandwich  2 - Fruity Parfait  Orange 100% Juice Low Fat Milk	26 1 - Egg and Cheese Sandwich  2 - Strawberry Banana Smoothie Fresh Banana Low Fat Milk
29 1 - Egg and Cheese Sandwich  Fruity Parfait  Fresh Apple Low Fat Milk	30 Sausage, Egg and Cheese Sandwich  2 - Strawberry Banana Smoothie 100% Apple Juice Low Fat Milk	31 Bacon, Egg and Cheese Breakfast Sandwich  Fruity Parfait  Fresh Orange Low Fat Milk	<p>Alternate Daily Choices Include: Reduced Sugar Cereals, Whole Grain Muffin or Bagel</p> <p>Juice, Fruit and Choice of Milk Offered Daily with Breakfast</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.

*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.

