



# Welcome to our Breakfast Cafe



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

# March 2023

# Lansingburgh High School

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

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



6 Honey Whole Wheat Bagel

Cream Cheese  
Fresh Apple  
100% Apple Juice  
Low Fat Milk  
Fat Free Chocolate Milk

7 Maple Mini Waffles

Syrup  
Fresh Apple  
100% Orange Juice  
Low Fat Milk  
Fat Free Chocolate Milk

1 Sausage, Egg and Cheese Sandwich  
Fresh Apple  
100% Orange Juice  
Low Fat Milk  
Fat Free Chocolate Milk

2 WW Honey Bun

Fresh Orange  
100% Apple Juice  
Low Fat Milk  
Fat Free Chocolate Milk

3 WG Chocolate Chip Muffin

Fresh Apple  
100% Orange Juice  
Low Fat Milk  
Fat Free Chocolate Milk

13 Honey Whole Wheat Bagel

Cream Cheese  
Fresh Apple  
100% Orange Juice  
Low Fat Milk  
Fat Free Chocolate Milk

14 Whole Grain French Toast Slices

Syrup  
Fresh Orange  
100% Apple Juice  
Low Fat Milk  
Fat Free Chocolate Milk

15 Sausage, Egg and Cheese Sandwich  
Fresh Apple  
100% Orange Juice  
Low Fat Milk  
Fat Free Chocolate Milk

16 WW Honey Bun

Fresh Orange  
100% Apple Juice  
Low Fat Milk  
Fat Free Chocolate Milk

17 NO SCHOOL  
Superintendent's Conference Day

20 Honey Whole Wheat Bagel

Cream Cheese  
Fresh Orange  
100% Apple Juice  
Low Fat Milk  
Fat Free Chocolate Milk

21 Mini Blueberry Bash Waffles

Syrup  
Fresh Apple  
100% Orange Juice  
Low Fat Milk  
Fat Free Chocolate Milk

22 Sausage, Egg and Cheese Sandwich  
Fresh Orange  
100% Apple Juice  
Low Fat Milk  
Fat Free Chocolate Milk

23 Cinnamon Bun Sticks

Fresh Apple  
100% Orange Juice  
Low Fat Milk  
Fat Free Chocolate Milk

24 Apple Cinnamon Muffin

Fresh Orange  
100% Apple Juice  
Low Fat Milk  
Fat Free Chocolate Milk

27 Honey Whole Wheat Bagel

Cream Cheese  
Fresh Apple  
100% Orange Juice  
Low Fat Milk  
Fat Free Chocolate Milk

28 Fluffy Whole Grain Pancakes

Syrup  
Fresh Orange  
100% Apple Juice  
Low Fat Milk  
Fat Free Chocolate Milk

29 Sausage, Egg and Cheese Sandwich  
Fresh Apple  
100% Orange Juice  
Low Fat Milk  
Fat Free Chocolate Milk

30 WW Honey Bun

Fresh Orange  
100% Apple Juice  
Low Fat Milk  
Fat Free Chocolate Milk

31 WG Chocolate Chip Muffin

Fresh Apple  
100% Orange Juice  
Low Fat Milk  
Fat Free Chocolate Milk



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.



Adult Meal - \$2.78+ Tax

All students are eligible to receive **one** free meal at breakfast.

Fresh fruit available daily.

Any questions or concerns, feel free to contact me, Kevin Darrigo, @ 518-233-6829 or [kdarrigo@lansingburgh.org](mailto:kdarrigo@lansingburgh.org).

### MENU IS SUBJECT TO CHANGE



Vegetarian



Made With Natural Ingredients



Pork



Smart Choice



Made With Organic Ingredients