



# 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 Middle School

## Monday

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

## Tuesday



## Wednesday

## Thursday

## Friday

6 Red. Sugar Cocoa Puffs Cereal Graham Crackers Fresh Orange 100% Apple Juice Low Fat Milk Fat Free Chocolate Milk

7 Honey Whole Wheat Bagel Cream Cheese Fresh Apple 100% Orange Juice Low Fat Milk Fat Free Chocolate Milk

8 Cinnamon French Toast Fresh Orange 100% Apple Juice Low Fat Milk Fat Free Chocolate Milk

9 Cinnamon Bun Sticks Fresh Apple 100% Orange Juice Low Fat Milk Fat Free Chocolate Milk

10 Apple Cinnamon Muffin Fresh Orange 100% Apple Juice Low Fat Milk Fat Free Chocolate Milk

13 Red. Sugar Froot Loops Cereal Graham Crackers Fresh Apple 100% Orange Juice Low Fat Milk Fat Free Chocolate Milk

14 Mini Cinnamon Rolls Fresh Orange 100% Apple Juice Low Fat Milk Fat Free Chocolate Milk

15 Mini Blueberry Bash Waffles 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 Red. Sugar Apple Jacks Cereal Graham Crackers Fresh Orange 100% Apple Juice Low Fat Milk Fat Free Chocolate Milk

21 Honey Whole Wheat Bagel Cream Cheese Fresh Apple 100% Orange Juice Low Fat Milk Fat Free Chocolate Milk

22 Cinnamon French Toast 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 Red. Sugar Cinnamon Toast Crunch Cereal Graham Crackers Fresh Apple 100% Orange Juice Low Fat Milk Fat Free Chocolate Milk

28 Mini Cinnamon Rolls Fresh Orange 100% Apple Juice Low Fat Milk Fat Free Chocolate Milk

29 Maple Mini Waffles 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.

**MENU IS SUBJECT TO CHANGE**

Breakfast will be available in the hallways on the way to the student's homeroom.

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

