



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 Rensselaer Elementary

Monday

Tuesday

Wednesday

Thursday

Friday

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



6 WG Chocolate Chip Muffin

100% Orange Juice
Sliced Apples
Low Fat Milk
Fat Free Chocolate Milk

7 Red. Sugar Froot Loops Cereal

Graham Crackers
Sliced Apples
100% Apple Juice
Low Fat Milk
Fat Free Chocolate Milk

1 Apple Cinnamon Muffin

Sliced Apples
100% Apple Juice
Low Fat Milk
Fat Free Chocolate Milk

2 Red. Sugar Cocoa Puffs Cereal

Graham Crackers
Sliced Apples
100% Orange Juice
Low Fat Milk
Fat Free Chocolate Milk

3 Mini Cinnamon Rolls

100% Apple Juice
Sliced Apples
Low Fat Milk
Fat Free Chocolate Milk

13 Apple Cinnamon Muffin

100% Apple Juice
Sliced Apples
Low Fat Milk
Fat Free Chocolate Milk

14 Red. Sugar Cinnamon Toast Crunch Cereal

Graham Crackers
100% Orange Juice
Sliced Apples
Low Fat Milk
Fat Free Chocolate Milk

8 Strawberry Pop Tart
100% Orange Juice
Sliced Apples
Low Fat Milk
Fat Free Chocolate Milk

9 Red. Sugar Apple Jacks Cereal

Graham Crackers
Sliced Apples
100% Apple Juice
Low Fat Milk
Fat Free Chocolate Milk

10 WW Honey Bun

100% Orange Juice
Sliced Apples
Low Fat Milk
Fat Free Chocolate Milk

17 NO SCHOOL
Superintendent's Conference Day

20 Brown Sugar Cinnamon Pop Tart
100% Orange Juice
Sliced Apples
Low Fat Milk
Fat Free Chocolate Milk

21 Red. Sugar Froot Loops Cereal

Graham Crackers
Sliced Apples
100% Apple Juice
Low Fat Milk
Fat Free Chocolate Milk

15 Honey Whole Wheat Bagel

Cream Cheese
Sliced Apples
100% Apple Juice
Low Fat Milk
Fat Free Chocolate Milk

23 Red. Sugar Apple Jacks Cereal

Graham Crackers
Sliced Apples
100% Apple Juice
Low Fat Milk
Fat Free Chocolate Milk

24 Mini Cinnamon Rolls

100% Orange Juice
Sliced Apples
Low Fat Milk
Fat Free Chocolate Milk

27 WW Honey Bun

Sliced Apples
100% Apple Juice
Low Fat Milk
Fat Free Chocolate Milk

28 Red. Sugar Apple Jacks Cereal

Graham Crackers
Sliced Apples
100% Orange Juice
Low Fat Milk
Fat Free Chocolate Milk

29 Apple Cinnamon Muffin

Sliced Apples
100% Apple Juice
Low Fat Milk
Fat Free Chocolate Milk

30 Red. Sugar Cinnamon Toast Crunch Cereal

Sliced Apples
Graham Crackers
100% Orange Juice
Low Fat Milk
Fat Free Chocolate Milk

31 Honey Whole Wheat Bagel

Sliced Apples
100% Apple 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.

*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 served in the hallways and brought to their homeroom.

If you have any questions or would like additional information regarding this menu please contact your food service director Kevin Darrigo at 518-233-6829 or kdarrigo@lansingburgh.org.

