



# 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 Turnpike 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

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

16 Red. Sugar Cocoa Puffs Cereal

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

17 NO SCHOOL  
Superintendent's Conference Day

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

22 Cinnamon Bun Sticks

100% Orange Juice  
Sliced Apples  
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

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 served in the students' classroom.

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](mailto:kdarrigo@lansingburgh.org).

