

Welcome to our Breakfast Cafe @

Fairfield Middle Schools

September 2016

Monday

Tuesday

Wednesday

Thursday

Friday

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



WELCOME BACK!
WHITSONS
School Nutrition

5
**LABOR DAY
NO SCHOOL**

6
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
Waffles
Hash Browns
Turkey Sausage Links
Fresh Apple
Banana

7
Blueberry Muffin
Chocolate Chip Muffin
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Hash Browns
Fresh Orange
Banana

8
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
Sausage, Egg & Cheese Burrito*
Hash Browns
Fresh Orange
Fresh Apple

9
Blueberry Muffin
Chocolate Chip Muffin
Fruity Breakfast Parfait
French Toast Sticks
Hash Browns
Turkey Sausage Links
Fresh Apple
Banana

12
Blueberry Muffin
Chocolate Chip Muffin
Fruity Breakfast Parfait
French Toast Sticks
Turkey Sausage Links
Hash Browns
Fresh Orange
Fresh Apple

13
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Banana
Fresh Orange

14
Blueberry Muffin
Chocolate Chip Muffin
Fruity Breakfast Parfait
Fluffy Pancakes
Hash Browns
Turkey Sausage
Fresh Orange
Banana

15
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Hash Browns
Banana
Fresh Orange

16
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
French Toast Sticks
Hash Browns
Turkey Sausage Links
Banana

19
Blueberry Muffin
Chocolate Chip Muffin
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Banana
Fresh Orange

20
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
Waffles
Turkey Sausage Links
Hash Browns
Banana
Fresh Orange
Banana

21
Blueberry Muffin
Chocolate Chip Muffin
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Hash Browns
Banana
Fresh Apple

22
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
Sausage, Egg & Cheese Burrito*
Hash Browns
Banana
Fresh Orange

23
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
French Toast Sticks
Hash Browns
Turkey Sausage Links
Fresh Orange
Banana

26
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
French Toast Sticks
Turkey Sausage Links
Hash Browns
Empire Apple
Banana
Fresh Orange

27
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Hash Browns
Banana
Fresh Orange

28
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
Waffles
Turkey Sausage Links
Hash Browns
Banana
Fresh Orange

29
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
Sausage, Egg & Cheese Burrito*
Hash Browns
Banana
Fresh Orange

30
Chocolate Chip Muffin
Blueberry Muffin
Fruity Breakfast Parfait
Turkey Sausage, Egg & Cheese on a Bun
Hash Browns
Banana
Fresh Orange

We work hard to make sure all of our menus are healthy, nutritious and flavorful, made from wholesome ingredients. At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. To learn more about nutrition related to athletics, visit



us at www.Whitsons.com or scan our QR code to see all that we are doing at your school to keep your child healthy!



Breakfast Prices
\$1.50 Full Price
\$.30 Reduced Price

All breakfast choices include a variety of fresh fruit and a choice of low-fat or fat free milk.

*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.

Stop and enjoy a hot breakfast!