

# Welcome to our Breakfast Cafe @

Fairfield Roger Ludlowe MS

September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



1	Waffles with Sausage Tator Tots Banana Melon Cup Low Fat Milk Skim Milk
---	--

4	<b>Labor Day No School</b>
---	--------------------------------

5	Egg and Cheese Sandwich Tator Tots Banana Melon Cup Melon Cup Low Fat Milk Skim Milk
---	--

6	Pancakes & Sausage Tator Tots Fresh Orange Banana Low Fat Milk Skim Milk
---	---

7	Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Orange Melon Cup Low Fat Milk Skim Milk
---	--

8	Waffles with Sausage Tator Tots Banana Strawberries Low Fat Milk Skim Milk
---	---

11	French Toast Tator Tots Fresh Apple Fresh Orange Low Fat Milk Skim Milk
----	--

12	Egg and Cheese Sandwich Tator Tots Banana Melon Cup Low Fat Milk Skim Milk
----	---

13	Pancakes & Sausage Tator Tots Fresh Apple Pineapple Low Fat Milk Skim Milk
----	---

14	Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Orange Melon Cup Low Fat Milk Skim Milk
----	--

15	Waffles with Sausage Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk
----	---

18	French Toast Tator Tots Fresh Apple Fresh Orange Low Fat Milk Skim Milk
----	--

19	Egg and Cheese Sandwich Tator Tots Banana Melon Cup Melon Cup Low Fat Milk Skim Milk
----	--

20	Pancakes & Sausage Tator Tots Fresh Apple Pineapple Low Fat Milk Skim Milk
----	---

21	<b>Rosh Hashanah No School</b>
----	------------------------------------

22	Waffles with Sausage Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk
----	---

25	French Toast Tator Tots Fresh Apple Fresh Orange Low Fat Milk Skim Milk
----	--

26	Egg and Cheese Sandwich Tator Tots Banana Melon Cup Melon Cup Low Fat Milk Skim Milk
----	--

27	Pancakes & Sausage Tator Tots Fresh Apple Pineapple Low Fat Milk Skim Milk
----	---

28	Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Orange Melon Cup Melon Cup Low Fat Milk Skim Milk
----	---

29	Waffles with Sausage Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk
----	---

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at [www.Whitsons.com](http://www.Whitsons.com)



or scan our QR code to see all that we are doing to keep our young customers healthy!



**Breakfast Prices**

Regular: \$1.50  
Reduced: \$0.30

All breakfast choices include a variety of fresh, cupped fruit and a choice of low fat or fat free milk selection

**Available Daily**

Whole Grain Bagels with Low Fat Cream Cheese

Organic Fruit & Yogurt Parfaits

Assorted Whole Grain Muffins: Blueberry, Chocolate Chip, Banana, or Apple Cinnamon

\*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. USDA is an equal opportunity provider, employer, and lender.

# Welcome to our Breakfast Cafe @

## Fairfield Tomlinson MS

# September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



<p>4</p> <p><b>Labor Day No School</b></p>	<p>5</p> <p>Egg and Cheese Sandwich Tator Tots Banana Melon Cup Melon Cup Low Fat Milk Skim Milk</p>	<p>6</p> <p>Pancakes &amp; Sausage Tator Tots Fresh Orange Banana Low Fat Milk Skim Milk</p>	<p>7</p> <p>Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Orange Melon Cup Low Fat Milk Skim Milk</p>	<p>1</p> <p>Waffles with Sausage Tator Tots Banana Melon Cup Low Fat Milk Skim Milk</p>
<p>11</p> <p>French Toast Tator Tots Fresh Apple Fresh Orange Low Fat Milk Skim Milk</p>	<p>12</p> <p>Egg and Cheese Sandwich Tator Tots Banana Melon Cup Low Fat Milk Skim Milk</p>	<p>13</p> <p>Pancakes &amp; Sausage Tator Tots Fresh Apple Pineapple Low Fat Milk Skim Milk</p>	<p>14</p> <p>Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Orange Melon Cup Low Fat Milk Skim Milk</p>	<p>8</p> <p>Waffles with Sausage Tator Tots Banana Strawberries Low Fat Milk Skim Milk</p>
<p>18</p> <p>French Toast Tator Tots Fresh Apple Fresh Orange Low Fat Milk Skim Milk</p>	<p>19</p> <p>Egg and Cheese Sandwich Tator Tots Banana Melon Cup Melon Cup Low Fat Milk Skim Milk</p>	<p>20</p> <p>Pancakes &amp; Sausage Tator Tots Fresh Apple Pineapple Low Fat Milk Skim Milk</p>	<p>21</p> <p><b>Rosh Hashanah No School</b></p>	<p>15</p> <p>Waffles with Sausage Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk</p>
<p>25</p> <p>French Toast Tator Tots Fresh Apple Fresh Orange Low Fat Milk Skim Milk</p>	<p>26</p> <p>Egg and Cheese Sandwich Tator Tots Banana Melon Cup Melon Cup Low Fat Milk Skim Milk</p>	<p>27</p> <p>Pancakes &amp; Sausage Tator Tots Fresh Apple Pineapple Low Fat Milk Skim Milk</p>	<p>28</p> <p>Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Orange Melon Cup Melon Cup Low Fat Milk Skim Milk</p>	<p>22</p> <p>Waffles with Sausage Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk</p>
				<p>29</p> <p>Waffles with Sausage Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk</p>

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at [www.Whitsons.com](http://www.Whitsons.com)



or scan our QR code to see all that we are doing to keep our young customers healthy!



### Breakfast Prices

Regular: \$1.50  
Reduced: \$0.30

**All breakfast choices include a variety of fresh, cupped fruit and a choice of low fat or fat free milk selection**

### Available Daily

Whole Grain Bagels with Low Fat Cream Cheese  
Organic Fruit & Yogurt Parfaits  
Assorted Whole Grain Muffins: Blueberry, Chocolate Chip, Banana, or Apple Cinnamon

\*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. USDA is an equal opportunity provider, employer, and lender.

# Welcome to our Breakfast Cafe @

# Fairfield Woods MS

# September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



1	Waffles with Sausage Tator Tots Banana Melon Cup Low Fat Milk Skim Milk
---	--

4	<b>Labor Day No School</b>
---	--------------------------------

5	Egg and Cheese Sandwich Tator Tots Banana Melon Cup Melon Cup Low Fat Milk Skim Milk
---	--

6	Pancakes & Sausage Tator Tots Fresh Orange Banana Low Fat Milk Skim Milk
---	---

7	Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Orange Melon Cup Low Fat Milk Skim Milk
---	---

8	Waffles with Sausage Tator Tots Banana Strawberries Low Fat Milk Skim Milk
---	---

11	French Toast Tator Tots Fresh Apple Fresh Orange Low Fat Milk Skim Milk
----	--

12	Egg and Cheese Sandwich Tator Tots Banana Melon Cup Low Fat Milk Skim Milk
----	---

13	Pancakes & Sausage Tator Tots Fresh Apple Pineapple Low Fat Milk Skim Milk
----	---

14	Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Orange Melon Cup Low Fat Milk Skim Milk
----	--

15	Waffles with Sausage Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk
----	---

18	French Toast Tator Tots Fresh Apple Fresh Orange Low Fat Milk Skim Milk
----	--

19	Egg and Cheese Sandwich Tator Tots Banana Melon Cup Melon Cup Low Fat Milk Skim Milk
----	--

20	Pancakes & Sausage Tator Tots Fresh Apple Pineapple Low Fat Milk Skim Milk
----	---

21	<b>Rosh Hashanah No School</b>
----	------------------------------------

22	Waffles with Sausage Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk
----	---

25	French Toast Tator Tots Fresh Apple Fresh Orange Low Fat Milk Skim Milk
----	--

26	Egg and Cheese Sandwich Tator Tots Banana Melon Cup Melon Cup Low Fat Milk Skim Milk
----	--

27	Pancakes & Sausage Tator Tots Fresh Apple Pineapple Low Fat Milk Skim Milk
----	---

28	Bacon, Egg and Cheese Breakfast Sandwich Tator Tots Fresh Orange Melon Cup Melon Cup Low Fat Milk Skim Milk
----	--

29	Waffles with Sausage Tator Tots Fresh Orange Strawberries Low Fat Milk Skim Milk
----	---

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at [www.Whitsons.com](http://www.Whitsons.com)



or scan our QR code to see all that we are doing to keep our young customers healthy!



### Breakfast Prices

Regular: \$1.50  
Reduced: \$0.30

All breakfast choices include a variety of fresh, cupped fruit and a choice of low fat or fat free milk selection

### Available Daily

Whole Grain Bagels with Low Fat Cream Cheese  
Organic Fruit & Yogurt Parfaits

Assorted Whole Grain Muffins: Blueberry, Chocolate Chip, Banana, or Apple Cinnamon

\*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. USDA is an equal opportunity provider, employer, and lender.