

Welcome to our Breakfast Cafe @ Green Island School

September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



<p>4</p>	<p>5</p>	<p>6 Pancakes & Sausage Syrup 100% Orange Juice Blend Apple 100% Juice Sliced Peaches</p>	<p>7 Waffles with Sausage Syrup 100% Orange Juice Blend Apple 100% Juice Diced Pears</p>	<p>8 Fresh Bagel Lite Cream Cheese 100% Orange Juice Blend Apple 100% Juice Applesauce</p>
<p>11 Banana Muffin Blueberry Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese 100% Orange Juice Blend Apple 100% Juice Mixed Fruit</p>	<p>12 Scrambled Eggs Plain Mini Bagels 100% Orange Juice Blend Apple 100% Juice Sliced Peaches</p>	<p>13 Egg and Cheese Sandwich 100% Orange Juice Blend Apple 100% Juice Diced Pears</p>	<p>14 Banana Muffin Blueberry Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese 100% Orange Juice Blend Apple 100% Juice Applesauce</p>	<p>15 French Toast Turkey Sausage Patty Syrup 100% Orange Juice Blend Apple 100% Juice Mixed Fruit</p>
<p>18 Fresh Bagel Lite Cream Cheese 100% Orange Juice Blend Apple 100% Juice Diced Pears</p>	<p>19 Pancakes & Sausage Syrup 100% Orange Juice Blend Apple 100% Juice Applesauce</p>	<p>20 Waffles with Sausage Syrup 100% Orange Juice Blend Apple 100% Juice Mixed Fruit</p>	<p>21 French Toast Turkey Sausage Patty Syrup 100% Orange Juice Blend Apple 100% Juice Sliced Peaches</p>	<p>22 Banana Muffin Blueberry Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese 100% Orange Juice Blend Apple 100% Juice Diced Pears</p>
<p>25 Fresh Bagel Lite Cream Cheese 100% Orange Juice Blend Apple 100% Juice Sliced Peaches</p>	<p>26 Waffles with Sausage Syrup 100% Orange Juice Blend Apple 100% Juice Diced Pears</p>	<p>27 Banana Muffin Blueberry Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese 100% Orange Juice Blend Apple 100% Juice Applesauce</p>	<p>28 Pancakes & Sausage Syrup 100% Orange Juice Blend Apple 100% Juice Mixed Fruit</p>	<p>29 French Toast Turkey Sausage Patty Syrup 100% Orange Juice Blend Apple 100% Juice Sliced Peaches</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



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



Breakfast Prices

Breakfast is Free to all Students at Green Island

Please come in and enjoy a wide variety of items!

Available Daily

Whole grain bagels w/ butter or low fat cream cheese

Assorted Yogurt

Assorted Muffins: blueberry, chocolate chip or corn

Assorted Cereals: Cinnamon Toast Crunch, Honey Nut Cheerios, Rice Krispies

All served with choice of bread, fat free or low fat milk, assorted juices and fresh fruits

*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.

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We proudly support clean, organic, local and sustainable agriculture.

<p>4</p> 	<p>5</p> 	<p>6</p> <p>Popcorn Chicken Whole Wheat Dinner Roll Fruity Granola Parfait Tuna Salad Sandwich Chef Salad Baked Beans Side of Carrots Baked Potato Wedges Applesauce Banana</p>	<p>7</p> <p>Fruity Granola Parfait Turkey & Cheese Sandwich Celery Sticks Cucumber Coins Mixed Fruit Red Delicious Apple</p>	<p>8</p> <p>Cheese Pizza Fruity Granola Parfait Egg Salad Sandwich Chef Salad Side Salad Steamed Broccoli Sliced Peaches Diced Pears</p>
<p>11</p> <p>Chicken Nuggets Whole Wheat Dinner Roll Fruity Granola Parfait Turkey & Cheese Sandwich Chef Salad Corn Steamed Broccoli Sliced Peaches Red Delicious Apple</p>	<p>12</p> <p>French Toast Turkey Sausage Patty Syrup Fruity Granola Parfait Ham and Cheese Sandwich Chef Salad Side of Carrots Baked Potato Wedges Diced Pears</p>	<p>13</p> <p>Cheeseburger Fruity Granola Parfait Tuna Salad Sandwich Chef Salad Red Pepper Strips Green Beans Applesauce Banana</p>	<p>14</p> <p>Beef Hot Dog on Bun Fruity Granola Parfait Turkey & Cheese Sandwich Chef Salad Baked Beans Celery Sticks Cucumber Coins Mixed Fruit Red Delicious Apple</p>	<p>15</p> <p>Cheese Pizza Fruity Granola Parfait Egg Salad Sandwich Chef Salad Side Salad Steamed Broccoli Sliced Peaches Diced Pears</p>
<p>18</p> <p>Crispy Chicken Sandwich Fruity Granola Parfait Turkey & Cheese Sandwich Chef Salad Corn Steamed Broccoli Sliced Peaches Red Delicious Apple</p>	<p>19</p> <p>Nachos Grande Fruity Granola Parfait Ham and Cheese Sandwich Chef Salad Red Pepper Strips Green Beans Diced Pears Fresh Orange</p>	<p>20</p> <p>Popcorn Chicken Whole Wheat Dinner Roll Fruity Granola Parfait Tuna Salad Sandwich Chef Salad Side of Carrots Baked Potato Wedges Applesauce Banana</p>	<p>21</p> <p>Grilled Cheese Fruity Granola Parfait Turkey & Cheese Sandwich Chef Salad Baked Beans Celery Sticks Cucumber Coins Mixed Fruit Red Delicious Apple</p>	<p>22</p> <p>Cheese Pizza Fruity Granola Parfait Chef Salad Egg Salad Sandwich Side Salad Steamed Broccoli Sliced Peaches Diced Pears</p>
<p>25</p> <p>Chicken Nuggets Whole Wheat Dinner Roll Turkey & Cheese Sandwich Chef Salad Corn Steamed Broccoli Sliced Peaches Red Delicious Apple</p>	<p>26</p> <p>French Toast Turkey Sausage Patty Syrup Fruity Granola Parfait Ham and Cheese Sandwich Chef Salad Baked Potato Wedges Carrot Dippers Diced Pears Fresh Orange</p>	<p>27</p> <p>Cheeseburger Fruity Granola Parfait Tuna Salad Sandwich Chef Salad Red Pepper Strips Green Beans Applesauce Banana</p>	<p>28</p> <p>Chicken Tenders Whole Wheat Dinner Roll Fruity Granola Parfait Turkey & Cheese Sandwich Chef Salad Baked Beans Celery Sticks Cucumber Coins Mixed Fruit Red Delicious Apple</p>	<p>29</p> <p>Cheese Pizza Fruity Granola Parfait Chef Salad Egg Salad Sandwich Side Salad Steamed Broccoli Sliced Peaches Diced Pears</p>

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School Lunch Full Price is \$2.85
Reduced Price is \$0.25

1% White, Skim and Fat Free Chocolate Milk available with all meals.

If you have any questions, please contact
Brian Nolan
Food Service Director
at 237-9100 x 1411

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