

Welcome to our Breakfast Cafe at...

Jacobs Elementary

September 2018

Monday

Tuesday

Wednesday

Thursday

Friday

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



<p>3</p>	<p>4 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> </p> <p>Syrup</p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>5 Organic French Vanilla Yogurt </p> <p>Organic Granola </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>6 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>7 Homemade Muffins <i>freshly baked whole grain muffins available in a variety of fruit flavors</i> </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>
<p>10 Reduced Sugar Cereal Selection </p> <p>Whole Grain Honey Bear Graham Crackers</p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>11 Homemade French Toast <i>slices of bread coated in an egg batter, with cinnamon and vanilla.</i> </p> <p>Syrup</p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>12 Organic French Vanilla Yogurt </p> <p>Organic Granola </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>13 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>14 Homemade Muffins <i>freshly baked whole grain muffins available in a variety of fruit flavors</i> </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>
<p>17 Reduced Sugar Cereal Selection </p> <p>Whole Grain Honey Bear Graham Crackers</p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>18 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> </p> <p>Syrup</p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>19 Organic French Vanilla Yogurt </p> <p>Organic Granola </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>20 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>21 Homemade Muffins <i>freshly baked whole grain muffins available in a variety of fruit flavors</i> </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>
<p>24 Reduced Sugar Cereal Selection </p> <p>Whole Grain Honey Bear Graham Crackers</p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>25 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes</i> </p> <p>Syrup</p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>26 Organic French Vanilla Yogurt </p> <p>Organic Granola </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>27 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i> </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>	<p>28 Homemade Muffins <i>freshly baked whole grain muffins available in a variety of fruit flavors</i> </p> <p>Low Fat Milk Variety 100% Fruit Juice Fresh Fruit Selection</p>



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.



Breakfast Prices

Regular: \$1.75

Reduced: \$.30

Breakfast is served daily between 8:25-8:40

Reduced Sugar Cereal Variety Includes:

Cheerios, Kix, or Golden Grahams

100% Fruit Juice Variety Includes:

Apple, Apple Cherry, Orange, Apple Grape & Fruit Punch

Milk Variety Includes:

Low Fat Plain Milk, Fat Free Plain Milk, Fat Free Chocolate Milk

Fresh Fruit Variety Includes:

Apples, Oranges, Bananas, Pears, Grapes, and other Seasonal Selections

If you have any questions or would like additional information regarding the menu please contact your food service director Chris Piercey at 781-925-3000 ext 1118 or email pierceyc@whitsons.com



VEGETARIAN



MADE WITH NATURAL INGREDIENTS



PORK



MADE WITH ORGANIC INGREDIENTS

*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. This institution is an equal opportunity provider.