



Welcome to our Breakfast Cafe

New Rochelle High School

September 2021

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday

Tuesday

Wednesday

Thursday

Friday

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



**Many Breakfast Options Available Daily
Including Made to Order Egg
Sandwiches & Omelets
Please Join Us!**

1	2	3
4	5	6
7	8	9
10	11	12
13 Sausage, Egg & Cheese Burrito* Crispy Potato Puffs Diced Pear Cup Fresh Red Delicious Apple Fat Free Chocolate Milk 1% Milk Fat Free Milk	14 Homemade French Toast Hash Brown Potatoes Pineapple Cup Fresh Orange Fat Free Chocolate Milk 1% Milk Fat Free Milk	15 Homemade Pancakes Crispy Pork Sausage Links Fresh Pear Sliced Peaches Fat Free Chocolate Milk 1% Milk Fat Free Milk
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30
31	32	33
34	35	36
37	38	39
40	41	42
43	44	45
46	47	48
49	50	51
52	53	54
55	56	57
58	59	60
61	62	63
64	65	66
67	68	69
70	71	72
73	74	75
76	77	78
79	80	81
82	83	84
85	86	87
88	89	90
91	92	93
94	95	96
97	98	99
100	101	102



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Lunch \$0 Breakfast \$0 A La Carte: may not be charged
Milk / Chocolate Milk \$.50 100% Juice / Fresh Fruit \$.50
Extensive Lunch Menu Daily!
Deli, Grill, Salads, Chef Production, Pizza & Daily Special

Alternates Available Daily:

Cold: Yogurt & Fruit Parfaits, Assorted Muffins, Assorted Bagels w/ Light Cream Cheese, Yogurt, Smoothies & Assorted Cold Cereals
All Served with Grahams.
Hot: Egg & Cheese Sandwich; Plain, with Ham, Turkey Sausage, or Turkey Bacon, Bagel & Cheese Melt,
Ketchup and Syrup Available Upon Request

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have a weakened immune system. This institution is an equal opportunity provider.