Welcome to our HITSONS Breakfast Cafe

New Rochelle Middle Schools

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SSP 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

FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST

> Many Breakfast Options Available Daily! Please join us!

Farmers Omelet Whole Wheat English Muffin 6

Applesauce Fresh Banana Fat Free Chocolate Milk 1% Milk Fat Free Milk

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 Whole Grain French Toast Slices 🚱

Syrup Sliced Peaches Fresh Orange Fat Free Chocolate Milk 1% Milk Fat Free Milk

Fluffy Whole Grain Pancakes @

Crispy Pork Sausage Links Syrup Mixed Fruit Fresh Pear Fat Free Chocolate Milk 1% Milk Fat Free Milk

16

Farmers Omelet Whole Wheat English Muffin

> 0 Anniesauce Fresh Banana Fat Free Chocolate Milk 1% Milk Fat Free Milk

20 Sausage, Egg & Cheese Burrito*

Crispy Potato Puffs Diced Pear Cup Fresh Red Delicious Apple Fat Free Chocolate Milk 1% Milk Fat Free Milk

21 Whole Grain French Toast Slices (

Syrup Sliced Peaches Fresh Orange Fat Free Chocolate Milk 1% Milk Fat Free Milk

Fluffy Whole Grain Pancakes 🚱

Crispy Pork Sausage Links Syrup Fresh Pear Fat Free Chocolate Milk 1% Milk Fat Free Milk

Belgian Waffle Bites Crispy Potato Puffs Turkey Bacon Syrup Diced Pear Cup

Fresh Red Delicious Apple Fat Free Chocolate Milk 1% Milk Fat Free Milk

Farmers Omelet Whole Wheat English Muffin

> 0 Applesauce Fresh Banana Fat Free Chocolate Milk 1% Milk Fat Free Milk

27 Sausage, Egg & Cheese Burrito*

> Crispy Potato Puffs Diced Pear Cup Fresh Red Delicious Apple Fat Free Chocolate Milk 1% Milk Fat Free Milk

28 Whole Grain French Toast Slices @

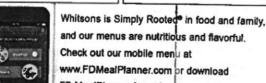
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Diced Pear Cup Fresh Red Delicious Apple Fat Free Chocolate Milk 1% Milk Fat Free Milk



FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Breakfast Prices \$0 Lunch Price: \$0

Please makes Checks payable New Rochelle Food Services or pay online @ nred.revtrak.netA la Carte: (may not be charged)Milk/Choco Milk \$0.50100% Juice/ Fresh Fr \$0.502nd Lunch \$2.75

Available DaillyHOT: Egg & Cheese: Plain, With Ham, Turkey Bacon or Turkey Sausage on a Whole Grain Roll, Bagel MeltCOLD: Whole Grain Bagels w/ Butter of Low fat Cream CheeseAssorted Yogurt with Belly Bear Grabams, Assorted Muffins, Yogurt Parfait Assorted, Cold Cereal with Belly Bear Grahams *Condiments Available Upon Request Breakfast Includes: Grain 1% or Skim White Milk, or Fat Free Chocolate Milk Fresh Fruit or Chilled Cupped Fruit and/of Assorted 100% Fruit Juice Questions? Please contact your Food Service Director Jill Weisman at 576-4217 or email giampinoj@whitsons.com

Extensive Lunghampu

*Consuming raw or under cooked me