



Welcome to our Breakfast Cafe

New Rochelle Middle Schools

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!**



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6	7 Many Breakfast Options Available Daily! Please join us!	8	9	10 Farmers Omelet Whole Wheat English Muffin 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	15 Fluffy Whole Grain Pancakes Crispy Pork Sausage Links Syrup Mixed Fruit Fresh Pear Fat Free Chocolate Milk 1% Milk Fat Free Milk	16	17 Farmers Omelet Whole Wheat English Muffin Applesauce 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	22 Fluffy Whole Grain Pancakes Crispy Pork Sausage Links Syrup Fresh Pear Fat Free Chocolate Milk 1% Milk Fat Free Milk	23 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	24 Farmers Omelet Whole Wheat English Muffin 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 Syrup Sliced Peaches Fresh Orange Fat Free Chocolate Milk 1% Milk Fat Free Milk	29 Fluffy Whole Grain Pancakes Crispy Pork Sausage Links Syrup Mixed Fruit Fresh Pear Fat Free Chocolate Milk 1% Milk Fat Free Milk	30 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	



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.



Breakfast Prices \$0
Lunch Price: \$0

Please make Checks payable to:
New Rochelle Food Services or pay
online @ nred.revtak.net A la Carte:
(may not be charged) Milk/Chocolate
Milk \$0.50 100% Juice/ Fresh Fruit
\$0.50 2nd Lunch \$2.75

Available Daily **HOT**: Egg & Cheese: Plain, With Ham, Turkey Bacon or Turkey Sausage on a Whole Grain Roll, Bagel
Melt COLD: Whole Grain Bagels w/ Butter or Low fat Cream Cheese Assorted Yogurt with Belly Bear Grahams, 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/or Assorted 100% Fruit Juice Questions? Please contact your Food Service Director Jill Weisman at 576-4217 or email giampinoj@whitsons.com

Extensive Lunch Menu
Natural Ingredients

Pork

Smart Choice

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.