

BREAKFAST MENU

DID YOU KNOW...

All products sourced by Whitsons contain Zero Trans Fats. The majority of the food sourced by Whitsons contain; No HFCS & No Artificial Flavors, Colors or Sweeteners, and we continue to work on this initiative.

All milk and chicken products are hormone and antibiotic free. Meats, condiments and cheeses are all lean or low fat. Most entrees contain between

500-900 mg of sodium. We offer whole grain pastas, rice and bread products.

SENSIBLE SNACKS CONTAIN

Fat=7g or less - Sat Fat=2g or less
Sodium=360mg or less - Sugar=15g or less

V =vegetarian =healthier choice

If you have a food allergy, please speak to your Food Service Director or Lead Server.

Consuming raw or undercooked 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.

If you have any questions or would like additional information regarding this menu, please contact the

Food Service Office at 973-372-2675
WE PURCHASE LOCAL!

Produce is purchased through regional suppliers when seasonably available. Visit www.whitsons.com to see all that we are doing to help save the environment.

PLEASE NOTE:

BREAKFAST IS FREE OF CHARGE FOR ALL STUDENTS

**ADULT COMPLETE BREAKFAST:
\$3.50**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Reduced Sugar Cinnamon Toast Crunch Low Fat Cheese Stick Fresh Fruit 1/2 Pint Low Fat or Skim Milk	2 Mini Pancakes With Syrup 100% 4oz Juice 1/2 Pint Low Fat or Skim Milk	3 Reduced Sugar Cocoa Puffs 3ct Graham Crackers Fresh Fruit 1/2 Pint Low Fat or Skim Milk
6 Reduced Sugar Trix 3ct Graham Crackers Fresh Fruit 1/2 Pint Low Fat or Skim Milk	7 Whole Wheat Bagel With Cream Cheese 100% Fruit Juice 1/2 Pint Low Fat or Skim Milk	8 Reduced Sugar Honey Nut Cheerios Low Fat Cheese Stick Fresh Fruit 1/2 Pint Low Fat or Skim Milk	9 Whole Grain Apple Cinnamon Muffin 100% Fruit Juice 1/2 Pint Low Fat or Skim Milk	10 Reduced Sugar Froot Loops 3ct Graham Crackers Fresh Fruit 1/2 Pint Low Fat or Skim Milk
13 Reduced Sugar Trix 3ct Graham Crackers Fresh Fruit 1/2 Pint Low Fat or Skim Milk	14 Egg & Cheese on English Muffin 100% Fruit Juice 1/2 Pint Low Fat or Skim Milk	15 Reduced Sugar Apple Cinnamon Cheerios Low Fat Cheese Stick Fresh Fruit 1/2 Pint Low Fat or Skim Milk	16 French Toast Stick With Syrup 100% Fruit Juice 1/2 Pint Low Fat or Skim Milk	17 SCHOOLS CLOSED
20 SCHOOLS CLOSED	21 Mini Pancakes With Syrup 100% Fruit Juice 1/2 Pint Low Fat or Skim Milk	22 Reduced Sugar Fruity Cheerios Low Fat Cheese Stick Fresh Fruit 1/2 Pint Low Fat or Skim Milk	23 Whole Wheat Bagel With Cream Cheese 100% Fruit Juice 1/2 Pint Low Fat or Skim Milk	24 Reduced Sugar Frosted Flakes 3ct Graham Crackers Fresh Fruit 1/2 Pint Low Fat or Skim Milk
27 Reduced Sugar Froot Loops 3ct Graham Crackers Fresh Fruit 1/2 Pint Low Fat or Skim Milk	28 Whole Grain Apple Cinnamon Muffin 100% Fruit Juice 1/2 Pint Low Fat or Skim Milk	29 Reduced Sugar Cinnamon Toast Crunch Low Fat Cheese Stick Fresh Fruit 1/2 Pint Low Fat or Skim Milk		



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Visit Our Virtual Cafeteria!

Take a tour of our virtual cafe! Drag and drop meal components onto your tray and see nutritional information including; allergens, nutrition facts, etc. www.Whitsons.com/Nutrition



Have Allergies to Gluten, Casein or Soy?

Check out NuLife Foods! They offer great tasting, GFCSF foods that help people with food sensitivities to be free. Certain items are available right in your cafeteria!
www.NuLifeFoods.com

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