

# Welcome to our Breakfast Cafe

# Gardner H.S. Summer Menu

# August 2022



In an effort to reach our goal of 10% plant based offerings by 2024, Whitsons has partnered with the Humane Society of the US to bring you new plant based entrees through our new Vegaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

Monday	Tuesday	Wednesday	Thursday	Friday
1 1 - WG Banana Muffin 2 - Cinnamon Toast Crunch Cereal With Animal Crackers Applesauce Low Fat Milk	2 1 - WW Breakfast Bun 2 - Reduced Sugar Trix With Animal Crackers Sliced Peaches Low Fat Milk	3 1 - Honey Whole Wheat Bagel With Cream Cheese 2 - Red. Sugar Apple Jacks Cereal With Animal Crackers Mixed Fruit Low Fat Milk	4 1 - Grab & Go Poptart Pack 2 - Red. Sugar Froot Loops Cereal With Animal Crackers Watermelon Slices Low Fat Milk	5 1 - WG Chocolate Chip Muffin 2 - Golden Grahams Cereal With Animal Crackers Apple Slices Low Fat Milk
8 1 - WG Blueberry Muffin 2 - Cinnamon Toast Crunch Cereal With Animal Crackers Applesauce Low Fat Milk	9 1 - WW Breakfast Bun 2 - Reduced Sugar Trix With Animal Crackers Diced Pear Cup Low Fat Milk	10 1 - Honey Whole Wheat Bagel With Cream Cheese 2 - Red. Sugar Apple Jacks Cereal With Animal Crackers Fresh Banana Low Fat Milk	11 1 - Grab & Go Poptart Pack 2 - Red. Sugar Froot Loops Cereal With Animal Crackers Raisins Low Fat Milk	12 1 - WG Chocolate Chip Muffin 2 - Golden Grahams Cereal With Animal Crackers Apple Slices Low Fat Milk
15		17		19
22		24 <b>FUEL</b>	25 	26
29 	30	31		



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://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.

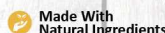
\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

\*\*Menu is subject to change, notice posted when available.



**BREAKFAST IS FREE TO ALL STUDENTS**

Milk Daily  
1 Percent White Lactaid Milk  
(allergy note required)



Breakfast is served in the Cafe 8:45 to 9:00 A.M.

AVAILABLE DAILY  
Assorted Cereals w/ Animal Crackers  
Gluten Free Cereal OR Gluten Free Bagels  
Ask Server  
Fresh or Cupped Fruit with Every Breakfast  
100 Percent Fruit Juice