



# Welcome to our Breakfast Cafe

# Gardner H.S. Summer Menu

# July 2022

The USDA has approved FREE breakfast and lunch for all students attending schools on the NSLP/SBP for the 2021-2022 school year. Menu selections may vary from those on the menu due to the COVID related impact on production, distribution and delivery.

Monday

Tuesday

Wednesday

Thursday

Friday



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



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**FUEL**

5 1 - WW Breakfast Bun  
2 - Reduced Sugar Trix  
With Animal Crackers  
Organic Applesauce  
Low Fat Milk

6 1 - Honey Whole Wheat Bagel  
With Cream Cheese  
2 - Red. Sugar Apple Jacks Cereal  
With Animal Crackers  
Mixed Fruit  
Low Fat Milk

7 1 - Grab & Go Poptart Pack  
2 - Red. Sugar Froot Loops Cereal  
With Animal Crackers  
Watermelon Slices  
Low Fat Milk

8 1 - WG Chocolate Chip Muffin  
2 - Golden Grahams Cereal  
With Animal Crackers  
Apple Slices  
Low Fat Milk

11 1 - WG Banana Muffin  
2 - Cinnamon Toast Crunch Cereal  
With Animal Crackers  
Applesauce  
Low Fat Milk

12 1 - WW Breakfast Bun  
2 - Reduced Sugar Trix  
With Animal Crackers  
Sliced Peaches  
Low Fat Milk

13 1 - Honey Whole Wheat Bagel  
With Cream Cheese  
2 - Red. Sugar Apple Jacks Cereal  
With Animal Crackers  
Fresh Banana  
Low Fat Milk

14 1 - Grab & Go Poptart Pack  
2 - Red. Sugar Froot Loops Cereal  
With Animal Crackers  
Sliced Oranges  
Low Fat Milk

15 1 - WG Chocolate Chip Muffin  
2 - Golden Grahams Cereal  
With Animal Crackers  
Apple Slices  
Low Fat Milk

18 1 - WG Blueberry Muffin  
2 - Cinnamon Toast Crunch Cereal  
With Animal Crackers  
Raisins  
Low Fat Milk

19 1 - WW Breakfast Bun  
2 - Reduced Sugar Trix  
With Animal Crackers  
Organic Applesauce  
Low Fat Milk

20 1 - Honey Whole Wheat Bagel  
With Cream Cheese  
2 - Red. Sugar Apple Jacks Cereal  
With Animal Crackers  
Mixed Fruit  
Low Fat Milk

21 1 - Grab & Go Poptart Pack  
2 - Red. Sugar Froot Loops Cereal  
With Animal Crackers  
Watermelon Slices  
Low Fat Milk

22 1 - WG Chocolate Chip Muffin  
2 - Golden Grahams Cereal  
With Animal Crackers  
Apple Slices  
Low Fat Milk

25 1 - Apple Cinnamon Muffin  
2 - Cinnamon Toast Crunch Cereal  
With Animal Crackers  
Applesauce  
Low Fat Milk

26 1 - WW Breakfast Bun  
2 - Reduced Sugar Trix  
With Animal Crackers  
Diced Peaches  
Low Fat Milk

27 1 - Honey Whole Wheat Bagel  
With Cream Cheese  
2 - Red. Sugar Apple Jacks Cereal  
With Animal Crackers  
Fresh Banana  
Low Fat Milk

28 1 - Grab & Go Poptart Pack  
2 - Red. Sugar Froot Loops Cereal  
With Animal Crackers  
Sliced Oranges  
Low Fat Milk

29 1 - WG Chocolate Chip Muffin  
2 - Golden Grahams Cereal  
With Animal Crackers  
Apple Slices  
Low Fat 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](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.



**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



\*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.