



Welcome to our Breakfast Cafe

PRE - K YMCA

October 2021

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!

1 Red. Sugar Cocoa Puffs Cereal

Or Red. Sugar Cinnamon Toast Crunch Cereal

String Cheese

100% Apple Juice

Fresh Apple

4 Apple Cinnamon Muffin

100% Apple Juice

Plums

5 Red. Sugar Cinnamon Toast Crunch Cereal

Or Red. Sugar Cocoa Puffs Cereal

String Cheese

100% Apple Juice

Applesauce

6 Whole Wheat Donut

Diced Peaches

100% Apple Juice

Fresh Pear

7 WG Chocolate Chip Muffin

100% Apple Juice

Fresh Apple

8 Red. Sugar Cocoa Puffs Cereal

Or Red. Sugar Cinnamon Toast Crunch Cereal

String Cheese

100% Apple Juice

Fresh Orange



12 Red. Sugar Cinnamon Toast Crunch Cereal

Or Red. Sugar Cocoa Puffs Cereal

String Cheese

100% Apple Juice

Fresh Peach

13 WW Bagel

Fresh Apple

100% Apple Juice

Fresh Orange

14 WG Chocolate Chip Muffin

100% Apple Juice

Fresh Pear

15 Cinnamon Toast Crunch Cereal

Or Red. Sugar Cocoa Puffs Cereal

100% Apple Juice

String Cheese

Fresh Apple

18 WG Chocolate Chip Muffin

Mixed Fruit

Apple Cinnamon Muffin

100% Apple Juice

Fresh Apple

19 Red. Sugar Cinnamon Toast Crunch Cereal

Or Red. Sugar Cocoa Puffs Cereal

String Cheese

100% Apple Juice

Plums

20 Whole Wheat Donut

Fresh Orange

100% Apple Juice

21 WG Chocolate Chip Muffin

100% Apple Juice

Fresh Pear

22 Red. Sugar Cinnamon Toast Crunch Cereal

Or Red. Sugar Cocoa Puffs Cereal

String Cheese

100% Apple Juice

25 WG Chocolate Chip Muffin

Apple Cinnamon Muffin

100% Apple Juice

Applesauce

26 Red. Sugar Cinnamon Toast Crunch Cereal

Or Red. Sugar Cocoa Puffs Cereal

String Cheese

100% Apple Juice

Fresh Orange

27 WW Bagel

Fresh Orange

100% Apple Juice

Fresh Apple

28 WG Chocolate Chip Muffin

100% Apple Juice

Fresh Peach

29 Red. Sugar Cinnamon Toast Crunch Cereal

Or Red. Sugar Cocoa Puffs Cereal

String Cheese

100% Apple Juice

Fresh Pear



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

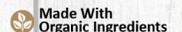
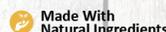
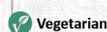
FREE BREAKFAST FOR ALL STUDENTS

Available Daily

Milk served with all breakfasts.

All breakfast items are served with choice of 1% white milk, fat free chocolate milk, assorted 100% fruit juice, and fresh and cupped fruits.

Condiments



*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.