















# What's on the Menu?



## Whitney Academy/North Breakfast 2023-2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>OPTION 1</b>				
<p>Bacon Egg and Cheese on a Bagel</p>  <p>Gluten Free Option Gluten Bagel</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Scrambled Eggs with Cheese One Slices of Whole Wheat Toast</p>  <p>Gluten Free Option Gluten Free Toast</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Sausage Egg and Cheese Biscuit Sandwich</p>  <p>Gluten Free Option Gluten Roll</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Scrambled Egg Pizza</p>  <p>Gluten Free Option Gluten Free Dough</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>French Toast Two Pork Sausage</p>  <p>Gluten Free Option</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>
<b>OPTION 2</b>				
<p>Whole Grain Fruit Muffin Yogurt or String Cheese</p>  <p>Gluten Free Option Cereal Available</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Assorted Cereals with Yogurt or string cheese</p>  <p>Gluten Free Option Cereal Available</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Whole Grain Bagel Cream Cheese</p>  <p>Gluten Free Option Bagel Available</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Blueberry Strawberry with French Toast Bites</p>  <p>Gluten Free Option No Topping</p>  <p>Assorted Fruit Juice Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit</p>	<p>Strawberry Banana Assorted Fruit Juice</p>  <p>Gluten Free No Graham Cracker</p>  <p>Assorted Chilled Fruit Assorted Fresh Local Seasonal Fruit Smoothie</p>

**BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate.**



# Preparing Your Meal

Please use the following instructions for storing and heating your meal at home.

**Please Note:** Your Meal Box contains perishable products, and should be immediately stored in refrigeration between 36° F- 41° F, for best quality and freshness



**Keep Cold  
Foods Cold**

**100% Fruit Juice  
Yogurt Cups  
String Cheese  
Deli Sandwiches**

**store in refrigeration between 36°F – 41°F for best  
quality and freshness**

**aces**  
area cooperative educational services

**Serving up happy & healthy**