



Welcome to our Breakfast Cafe



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 Veggaböls promotion.



THE HUMANE SOCIETY OF THE UNITED STATES

February 2023

Maritime Academy Charter School

Monday

Tuesday

Wednesday

Thursday

Friday

6 Mini Cinnamon Rolls
Fresh Orange
1% Milk
Fat Free Skim Milk
100% Apple Juice

7 WG Chocolate Chip Muffin
Strawberry & Banana Yogurt Cup
1% Milk
Fat Free Skim Milk
Fresh Apple

1 WG Blueberry Muffin
Fresh Apple
100% Orange Juice
1% Milk
Fat Free Skim Milk

2 Strawberry Pop Tart
1% Milk
Fat Free Skim Milk
Fresh Banana

3 Apple Strudel
Fresh Pear
1% Milk
Fat Free Skim Milk

13 Brown Sugar Cinnamon Pop Tart
Fresh Apple
1% Milk
Fat Free Skim Milk

14 Cinnamon French Toast
Fresh Pear
1% Milk
Fat Free Skim Milk
100% Apple Juice

8 Apple Cinnamon Breakfast Bar
Fresh Apple
1% Milk
Fat Free Skim Milk

9 Apple Cinnamon Breakfast Bar
Fresh Orange
1% Milk
Fat Free Skim Milk
100% Apple Juice

10 Honey Whole Wheat Bagel
Cream Cheese
Fresh Pear
1% Milk
Fat Free Skim Milk
100% Orange Juice


13 Brown Sugar Cinnamon Pop Tart
Fresh Apple
1% Milk
Fat Free Skim Milk

14 Cinnamon French Toast
Fresh Pear
1% Milk
Fat Free Skim Milk
100% Apple Juice

15 Cocoa Puffs Cereal Bar
Fresh Apple
1% Milk
Fat Free Skim Milk
Cinnamon Graham Crackers

16 Strawberry Nutri-Grain Bar
String Cheese
Fresh Apple
1% Milk
Fat Free Milk

17 WG Chocolate Chip Muffin
Fresh Pear
Fat Free Milk
1% Milk
100% Apple Juice

20 

21 Fruity Cheerios Cereal
Animal Crackers
Fresh Apple
1% Milk
Fat Free Milk

22 Strawberry Mini Bagel
1% Milk
Fat Free Milk
Fresh Apple

23 Soft Filled Cinnamon Toast Crunch Bar
Fresh Apple
1% Milk
Fat Free Milk

24 WG Blueberry Muffin
Raspberry & Peach Yogurt Cup
Fresh Apple
1% Milk
Fat Free Milk

27 WG Bagel w/ Cream Cheese & Juice
Fresh Apple
1% Milk
Fat Free Milk

28 Strawberry Pop Tart
Light Mozzarella Cheese Stick
Fresh Apple
1% Milk
Fat Free Milk

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



Available
1% White Milk
Skim Milk
Lactose Free Milk



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*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.

***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA)

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