

Breakfast Menu

Highland Falls-Fort Montgomery Intermediate School

November
2023

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



6 Egg and Cheese Sandwich 1% Milk Fat Free Milk

7 Superintendent Conference
SCHOOL CLOSED TODAY

8 Sausage, Egg and Cheese Sandwich 1% Milk Fat Free Milk

9 Fluffy Whole Grain Pancakes Syrup 1% Milk Fat Free Milk

10 **IT'S VETERANS DAY**

13 WW Honey Bun Fresh NY Local Apple Fat Free Milk

14 Sausage, Egg and Cheese Sandwich Fresh NY Local Apple 1% Milk

15 Maple Mini Waffles 1% Milk Fat Free Milk Fresh Orange

16 Sausage, Egg and Cheese Sandwich Fresh NY Local Apple 1% Milk

17 Bacon, Egg and Cheese Breakfast Sandwich Fresh NY Local Apple Fat Free Milk Fresh Banana

20 Sausage, Egg and Cheese Sandwich 1% Milk Fat Free Milk

21 Fluffy Whole Grain Pancakes Turkey Sausage Patty Syrup 1% Milk Fat Free Milk

22 Egg and Cheese Sandwich 1% Milk Fat Free Milk

23 **THANKSGIVING DAY**

24 **SCHOOL CLOSED TODAY**

27 Whole Grain French Toast Slices Syrup Fresh Banana 1% Milk Fat Free Milk

28 Sausage, Egg and Cheese Sandwich Fresh NY Local Apple 1% Milk Fat Free Milk

29 Egg & Bacon Wrap Fresh Banana Fat Free Milk

30 Maple Mini Waffles Fresh Orange Fat 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)

civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

Breakfast Prices

Breakfast \$2.00

Milk \$0.75

Available Daily

Assorted WG Cereal ~ Cereal Bars ~ Muffins~ Bagels ~ Egg Sandwiches ~ Parfaits ~ Milk and Fruit / Fruit Juices.

String Cheese ~ Graham Cracker ~ Yogurt

If you have any questions or would like additional information regarding this menu please contact your food service director

Marilyn Digregorio at 845-895-7192

