


# Breakfast Menu

# Marie Philip School

**July**  
**2024**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Blueberry Muffin  Chocolate Chip Muffin  Red. Sugar Cocoa Puffs Cereal  Reduced Sugar Frosted	2 Strawberry Mini Bagel  Reduced Sugar Frosted Flakes  Cinnamon Toast Crunch Cereal  Fresh Orange	3 Blueberry Muffin  WW Breakfast Bun  Red. Sugar Froot Loops Cereal  Reduced Sugar Frosted	4 Whole Grain Bagel with Cream Cheese  Red. Sugar Cocoa Puffs Cereal  Red. Sugar Froot Loops	5 Blueberry Muffin  Cinnamon Toast Crunch Cereal Bar Fresh Orange	6	7
8 Blueberry Muffin  Chocolate Chip Muffin  Red. Sugar Cocoa Puffs Cereal  Reduced Sugar Frosted	9 Strawberry Mini Bagel  Reduced Sugar Frosted Flakes  Cinnamon Toast Crunch Cereal  Fresh Orange	10 Cinnamon Toast Crunch Cereal Bar Red. Sugar Froot Loops Cereal  Reduced Sugar Frosted Flakes 	11 Whole Grain Bagel with Cream Cheese  Red. Sugar Cocoa Puffs Cereal  Red. Sugar Froot Loops	12 Blueberry Muffin  Cinnamon Toast Crunch Cereal Bar Fresh Orange	13	14
15 Blueberry Muffin  Chocolate Chip Muffin  Red. Sugar Cocoa Puffs Cereal  Reduced Sugar Frosted	16 Strawberry Mini Bagel  Reduced Sugar Frosted Flakes  Cinnamon Toast Crunch Cereal  Fresh Orange	17 Blueberry Muffin  WW Breakfast Bun  Red. Sugar Froot Loops Cereal  Reduced Sugar Frosted	18 Whole Grain Bagel with Cream Cheese  Red. Sugar Cocoa Puffs Cereal  Red. Sugar Froot Loops	19 Blueberry Muffin  Cinnamon Toast Crunch Cereal Bar Fresh Orange	20	21
22 Blueberry Muffin  Chocolate Chip Muffin  Red. Sugar Cocoa Puffs Cereal  Reduced Sugar Frosted	23 Strawberry Mini Bagel  Reduced Sugar Frosted Flakes  Cinnamon Toast Crunch Cereal  Fresh Orange	24 Cinnamon Toast Crunch Cereal Bar Red. Sugar Froot Loops Cereal  Reduced Sugar Frosted Flakes 	25 Whole Grain Bagel with Cream Cheese  Red. Sugar Cocoa Puffs Cereal  Red. Sugar Froot Loops	26 Blueberry Muffin  Cinnamon Toast Crunch Cereal Bar Fresh Orange	27	28
29 Blueberry Muffin  Chocolate Chip Muffin  Red. Sugar Cocoa Puffs Cereal  Reduced Sugar Frosted	30 Strawberry Mini Bagel  Reduced Sugar Frosted Flakes  Cinnamon Toast Crunch Cereal  Fresh Orange	31 Blueberry Muffin  WW Breakfast Bun  Red. Sugar Froot Loops Cereal  Reduced Sugar Frosted				



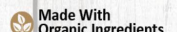
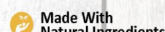
Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://www.FDMealPlanner.com).

\*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.



# Lunch Menu

# Marie Philip School

July 2024

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WWW.WHITSONS.COM

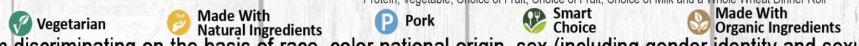
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Homemade Mac & Cheese Buffalo Chicken Mac & Cheese Loaded Vegan Sweet Potato Bowl	2 Chicken Parmesan Over Pasta Vegetable Tofu Lo Mein	3 Chicken Bowl with Gravy Portobello Panini	4 Cheeseburger Cheesy Veggie Burger Roasted Chili Corn on the Cob Homemade Lite Veggie	5 BBQ Pulled Pork BBQ Nacho Bowl Vegan	6 Salisbury Steak Middle Eastern Veggie Burger	7 Chili Stuffed Baked Potato
8 Crispy Popcorn Chicken Crispy Potato Puffs Spicy Buffalo Chickpea Wrap	9 Baked Pasta with Homemade Meat Sauce	10 General Tso's Chicken Vegetable Fried Rice Homemade Tofu Cacciatore with Pasta	11 Black Bean & Sweet Potato Burrito Vegetarian Chili Brown Rice Pilaf	12 Philly Cheese Steak Balsamic Glazed Vegetable Sandwich Oven Baked Fries	13	14
15 Homemade Mac & Cheese Buffalo Chicken Mac & Cheese Loaded Vegan Sweet Potato Bowl	16 Chicken Parmesan Over Pasta Vegetable Tofu Lo Mein	17 Chicken Bowl with Gravy Portobello Panini	18 Cheeseburger Cheesy Veggie Burger Roasted Chili Corn on the Cob Homemade Lite Veggie	19 BBQ Pulled Pork BBQ Nacho Bowl Vegan	20	21
22 Veggabol Edamame & Chickpea Rice Bowl Spicy Buffalo Chickpea Wrap	23 Baked Pasta with Homemade Meat Sauce Lentil Chana Dal Halal	24 General Tso's Chicken Vegetable Fried Rice Homemade Tofu Cacciatore with Pasta	25 Black Bean & Sweet Potato Burrito Vegetarian Chili Brown Rice Pilaf	26 Philly Cheese Steak Balsamic Glazed Vegetable Sandwich Oven Baked Fries	27	28
29 Homemade Mac & Cheese Buffalo Chicken Mac & Cheese Loaded Vegan Sweet Potato Bowl	30 Chicken Parmesan Over Pasta Vegetable Tofu Lo Mein	31 Chicken Bowl with Gravy Portobello Panini				

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Available Daily  
Cheese Pizza, Turkey Pepperoni Pizza by the slice, featuring whole grain rich pizza dough, Deli Sandwich Option  
Tossed Garden Salad, Chef Salad, and Chicken Caesar Salad  
Organic Yogurt with Organic Strawberries and Organic Granola

All Meals include:

Protein, Vegetable, Choice of Fruit, Choice of Fruit, Choice of Milk and a Whole Wheat Dinner Roll