



Welcome to our Breakfast Cafe

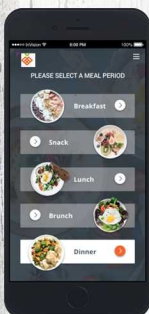
Plainview Middle School

May 2022

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
2 Honey Whole Wheat Bagel Fresh Pear Fat Free Milk	3 Strawberry Nutri-Grain Bar Fresh NY Local Apple WG Honey Graham Crackers Fat Free Milk	4 Cinnamon Toast Crunch Cereal Fresh Orange 1% Milk	5 Maple Mini Waffles Fresh NY Local Apple Fat Free Milk	6 WG Chocolate Chip Muffin Fresh Orange 1% Milk
9 Honey Whole Wheat Bagel Fresh Pear Fat Free Milk	10 Strawberry Nutri-Grain Bar Fresh NY Local Apple WG Honey Graham Crackers Fat Free Milk	11 Cinnamon Toast Crunch Cereal Fresh Orange 1% Milk	12 Maple Mini Waffles Fresh NY Local Apple Fat Free Milk	13 WG Chocolate Chip Muffin Fresh Orange 1% Milk
16 Honey Whole Wheat Bagel Fresh Pear Fat Free Milk	17 Strawberry Nutri-Grain Bar WG Honey Graham Crackers Fresh NY Local Apple Fat Free Milk	18 Cinnamon Toast Crunch Cereal Fresh Orange 1% Milk	19 Maple Mini Waffles Fresh NY Local Apple Fat Free Milk	20 WG Chocolate Chip Muffin Fresh Orange 1% Milk
23 Honey Whole Wheat Bagel Fresh Pear Fat Free Milk	24 Strawberry Nutri-Grain Bar WG Honey Graham Crackers Fresh Apple Fresh NY Local Apple Fat Free Milk	25 Cinnamon Toast Crunch Cereal Fresh Orange 1% Milk	26 Maple Mini Waffles Fresh NY Local Apple Fat Free Milk	27 WG Chocolate Chip Muffin Fresh Orange 1% Milk
30	31 Strawberry Nutri-Grain Bar Fresh NY Local Apple WG Honey Graham Crackers Fat Free Milk			

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

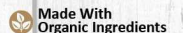
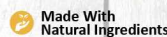


Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Breakfast is available at no cost until the end of the school year.

If you have any questions or would like additional information regarding this menu please contact your food service director Karen Ball at ballk@whitsons.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. This institution is an equal opportunity provider.