

# Breakfast Menu

# Suffern Central Elementary

October 2024

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

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1 Bacon, Egg and Cheese Breakfast Sandwich **P**  
Red. Sugar Froot Loops Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine



2 WG Donut   
Apple Cinnamon Cheerios Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine  
Red. Sugar Cocoa Puffs Cereal

3

**Happy Rosh Hashanah!**

4

7 WG Donut   
Apple Cinnamon Cheerios Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine  
Red. Sugar Cocoa Puffs Cereal

8 Bacon, Egg and Cheese Breakfast Sandwich **P**  
Red. Sugar Froot Loops Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine



9 Whole Grain French Toast Slices   
Cinnamon Toast Crunch Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Apple Juice  
Red. Sugar Cocoa Puffs Cereal

10 Egg and Cheese Sandwich   
Cinnamon Toast Crunch Cereal   
Graham Crackers  
Fresh Orange  
Apple Juice  
Red. Sugar Cocoa Puffs Cereal



11 WG Donut   
Apple Cinnamon Cheerios Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine  
Red. Sugar Cocoa Puffs Cereal

14



15 Bacon, Egg and Cheese Breakfast Sandwich **P**  
Red. Sugar Froot Loops Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine

16 Egg and Cheese Sandwich   
Cinnamon Toast Crunch Cereal   
Graham Crackers  
Fresh Orange  
Apple Juice  
Red. Sugar Cocoa Puffs Cereal

17 Egg and Cheese Sandwich   
Cinnamon Toast Crunch Cereal   
Graham Crackers  
Fresh Orange  
Apple Juice  
Red. Sugar Cocoa Puffs Cereal

18 Mini Cinnamon Pull Apart Roll   
Corn Flakes Cereal   
Graham Crackers  
Fresh Orange  
Apple Juice  
Red. Sugar Cocoa Puffs Cereal

21 Blueberry Muffin   
Cinnamon Toast Crunch Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine  
Red. Sugar Cocoa Puffs Cereal



22 Bacon, Egg and Cheese Breakfast Sandwich **P**  
Red. Sugar Froot Loops Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine

23 Bacon, Egg and Cheese Breakfast Sandwich **P**  
Red. Sugar Froot Loops Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine

24 Egg and Cheese Sandwich   
Cinnamon Toast Crunch Cereal   
Graham Crackers  
Fresh Orange  
Apple Juice  
Red. Sugar Cocoa Puffs Cereal

25 WW Honey Bun   
Red. Sugar Cocoa Puffs Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine

28 Strawberry Pop Tart  
Red. Sugar Froot Loops Cereal   
Graham Crackers  
Fresh NY Local Apple  
Orange Juice  
Red. Sugar Cocoa Puffs Cereal

29 Bacon, Egg and Cheese Breakfast Sandwich **P**  
Red. Sugar Froot Loops Cereal   
Graham Crackers  
Fresh NY Local Apple  
100% Orange  
Tangerine

30 Sausage and Egg Sandwich  
Red. Sugar Cinnamon Toast Crunch Cereal   
WG Honey Graham Crackers  
Fresh Banana  
100% Orange

31 Egg and Cheese Sandwich   
Cinnamon Toast Crunch Cereal   
Graham Crackers  
Fresh Orange  
Apple Juice  
Red. Sugar Cocoa Puffs Cereal



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.

All grains listed are whole wheat or whole grain  
Choice of Milk: 1% or Fat Free White Milk

### Available Daily

Assorted Red. Sugar Cereals, Muffins, Bagels w/ cream cheese or butter  
Fresh Fruit (Sliced Apples, Bananas and/or Orange Wedges)

If you have any questions regarding this menu please contact your Food Service Director

Janet Ginocchio @ [iginocchio1@sufferncentral.org](mailto:iginocchio1@sufferncentral.org)

