

Breakfast Menu

HFIS

December 2025

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1 Strawberry Mini Bagel 
Egg and Cheese Sandwich 

100% Apple Juice
Fresh Apple
Fat Free Chocolate Milk
Unflavored 1% Milk

2 Egg and Cheese Sandwich 

100% Apple Juice
Fresh Apple
Fat Free Chocolate Milk
Unflavored 1% Milk
Bacon, Egg and Cheese Breakfast Sandwich 

3 Strawberry Mini Bagel 
Egg and Cheese Sandwich 

100% Apple Juice
Fresh Apple
Fat Free Chocolate Milk
Unflavored 1% Milk

4 Mini Cinnamon Pull Apart Roll 

100% Apple Juice
Fat Free Chocolate Milk
Unflavored 1% Milk
Egg and Cheese Sandwich 

5 WG Donut 
Egg and Cheese Sandwich 

100% Apple Juice
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk



8 Egg and Cheese Sandwich 

100% Apple Juice
Fresh Orange
Fat Free Chocolate Milk
Unflavored 1% Milk
Bacon, Egg and Cheese Breakfast Sandwich 

9 Maple Mini Waffles 
Unflavored 1% Milk
100% Apple Juice
Diced Pear Cup
Fat Free Chocolate Milk
Egg and Cheese Sandwich 

10 Whole Grain French Toast Slices 

Unflavored 1% Milk
100% Apple Juice
Diced Pear Cup
Fat Free Chocolate Milk
Egg and Cheese Sandwich 

11 Glazed Donut with Cereal Topping 

Fresh Orange 
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk
Egg and Cheese Sandwich 

12 Bacon, Egg and Cheese Breakfast Sandwich 
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk
Egg and Cheese Sandwich 

15 Egg and Cheese Sandwich 

Unflavored 1% Milk
100% Apple Juice
Fat Free Chocolate Milk
Maple Mini Waffles 

16 Mini Cinnamon Pull Apart Roll 

Fresh Orange
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk

17 WG Donut 
Fresh Apple
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk
Egg and Cheese Sandwich 

18 Egg and Cheese Sandwich 

Unflavored 1% Milk
100% Apple Juice
Fresh Apple
Bacon, Egg and Cheese Breakfast Sandwich 

19 Sausage and Egg Sandwich 
Unflavored 1% Milk
100% Apple Juice
Fresh Apple
Egg and Cheese Sandwich 



22 

23 

24 

25 

26 



29 

30 

31 



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. If you have a food allergy, or intolerance, please notify us.

***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

- 1st Meal no cost
- 2nd meal \$2.75
- Adult \$3.75
- Milk:\$0.85

Available Daily

Assorted Reduced Sugar Breakfast Cereals,
Pop Tarts, Muffins, Juice, Milk & Fruits
Fresh Fruit (Apples and/or Oranges)
If you have any questions or would like additional information regarding this menu please contact your food service director
Kathy Coakley at 45-446-4914 ext 2890

