

Breakfast Menu

James I. O'Neill HS

December 2025

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1 Sausage, Egg and Cheese Sandwich
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice
Diced Pear Cup
WW Honey Bun 

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

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

4 Bacon, Egg and Cheese Breakfast Sandwich 
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Pear Cup
Mini Cinnamon Pull Apart Roll 

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

8 Maple Mini Waffles 
Bacon, Egg and Cheese Breakfast Sandwich 
Fresh Apple
100% Apple Juice
Fat Free Chocolate Milk
Unflavored 1% Milk
Mixed Fruit

9 Egg and Cheese Sandwich 
Or Sausage, Egg and Cheese Sandwich
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice
Mixed Fruit

10 Bacon, Egg and Cheese Breakfast Sandwich 
WW Honey Bun 
100% Apple Juice
Fresh Apple
Unflavored 1% Milk
Fat Free Chocolate Milk
Mixed Fruit

11 Or Sausage, Egg and Cheese Sandwich
Chocolate Glazed Donut with Cereal Topping 
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk
Mixed Fruit

12 Egg and Cheese Sandwich 
Cinnamon French Toast 
Fresh Orange
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk
Mixed Fruit

15 Egg and Cheese Sandwich 
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Peaches
WW Honey Bun 

16 Sausage, Egg and Cheese Sandwich
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice
Diced Peaches
Soft Filled Cinnamon Toast Crunch Bar 

17 Sausage, Egg and Cheese Sandwich
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Peaches
Chocolate Glazed Donut with Cereal Topping 

18 WW Honey Bun 
Egg and Cheese Sandwich 
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice
Diced Peaches

19 Bacon, Egg and Cheese Breakfast Sandwich 
Maple Mini Waffles 
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice
Diced Peaches



START YOUR DAY THE HEALTHY WAY! HAVE A NUTRITIOUS BREAKFAST!



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.

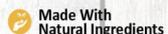
Breakfast Prices

1st Meal no charge
2nd \$2.75
Adult Breakfast: \$4.00
(+Tax = \$4.24)

Available Daily

Assorted WG Cereal ~ Cereal Bars ~ Muffins~ Bagels ~ Egg Sandwiches - 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



Contact Kathy Calkins at 845-446-4814