

# Breakfast Menu

# HFIS

February  
2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

## Monday

2 Maple Mini Waffles   
Egg and Cheese Sandwich   
Fat Free Chocolate Milk  
100% Apple Juice



## Tuesday

3 Warm Cinnamon Bites   
Sausage, Egg and Cheese Sandwich  
Fresh Apple  
Fat Free Chocolate Milk  
100% Apple Juice

## Wednesday

4 WW Honey Bun   
Sausage, Egg and Cheese Sandwich  
Fresh Apple  
Unflavored 1% Milk  
Fat Free Chocolate Milk  
100% Apple Juice

## Thursday

5 Cinnamon French Toast   
Fresh Orange  
Unflavored 1% Milk  
Fat Free Chocolate Milk  
100% Apple Juice

## Friday

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

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

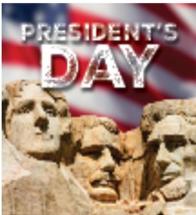
10 WG Donut   
Egg and Cheese Sandwich   
Fresh Orange  
Fat Free Chocolate Milk  
Unflavored 1% Milk  
100% Apple Juice  
Applesauce

11 WW Honey Bun   
Sausage, Egg and Cheese Sandwich  
Unflavored 1% Milk  
Fat Free Chocolate Milk  
100% Apple Juice  
Applesauce

12 Cinnamon French Toast   
Syrup  
Egg and Cheese Sandwich   
Fat Free Chocolate Milk  
100% Apple Juice  
Applesauce

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

16



17



18 Egg and Cheese Sandwich   
Strawberry Smoothie   
Fresh Apple  
Fat Free Chocolate Milk  
100% Apple Juice

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

20 Strawberry Banana Smoothie   
Bacon, Egg and Cheese Breakfast Sandwich   
Fat Free Chocolate Milk  
100% Apple Juice

23 WW Honey Bun   
Egg and Cheese Sandwich   
Fresh Orange  
Unflavored 1% Milk  
100% Apple Juice

24 Fluffy Whole Grain Pancakes   
Sausage Patty Syrup  
Egg and Cheese Sandwich   
Fresh Orange  
Fat Free Chocolate Milk  
100% Apple Juice

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

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

27 Soft Filled Cinnamon Toast Crunch Bar   
Bacon, Egg and Cheese Breakfast Sandwich   
Unflavored 1% Milk  
Fat Free Chocolate Milk  
100% Apple Juice

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. 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

Breakfast: \$1st meal no cost 2nd meal \$3

Adult \$4.00 plus tax  
Milk \$0.85

### Available Daily

Assorted WG Cereal ~ Cereal Bars ~ Muffins~  
Bagels ~ Parfaits ~Milk ~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 director  
Kathy Coakley 845-446-4914 ext 2890

