

# Breakfast Menu

## POB JFK High School

**May**  
**2026**

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

4 Sausage, Egg and Cheese Sandwich  
Egg and Cheese Sandwich  
Fresh NY Local Apple  
100% Orange  
Tangerine

5 Avocado Toast  
Fresh NY Local Apple  
100% Orange  
Tangerine

6 Homemade Muffins  
Fresh Pear  
100% Orange  
Tangerine

7 Sausage, Egg and Cheese Sandwich  
Egg and Cheese Sandwich  
Fresh NY Local Apple  
100% Juice Fruit Punch

8 Mini Cinnamon Pull Apart Roll  
Fresh Pear  
100% Apple Juice

11 Sausage, Egg and Cheese Sandwich  
Egg and Cheese Sandwich  
Fresh Orange  
100% Apple Juice

12 Warm Cinnamon Bites  
Fresh Orange  
100% Apple Juice

13 Homemade Muffins  
Fresh Pear  
100% Apple Juice

14 Sausage, Egg and Cheese Sandwich  
Egg and Cheese Sandwich  
Fresh NY Local Apple  
100% Juice Fruit Punch

15 Mini Cinnamon Pull Apart Roll  
Fresh Pear  
100% Orange  
Tangerine

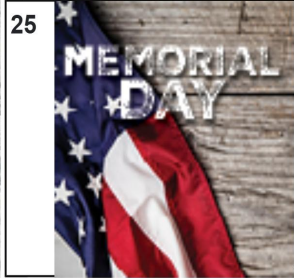
18 Sausage, Egg and Cheese Sandwich  
Egg and Cheese Sandwich  
Fresh NY Local Apple  
100% Orange  
Tangerine

19 Warm Cinnamon Bites  
Fresh Orange  
100% Orange  
Tangerine

20 Homemade Muffins  
Fresh NY Local Apple  
100% Orange  
Tangerine

21 Sausage, Egg and Cheese Sandwich  
Egg and Cheese Sandwich  
Fresh NY Local Apple  
100% Orange  
Tangerine

22 Mini Cinnamon Pull Apart Roll  
Fresh Orange  
100% Apple Juice



26 Avocado Toast  
Fresh NY Local Apple  
100% Orange  
Tangerine

27 Homemade Muffins  
Fresh Pear  
100% Apple Juice

28 Sausage, Egg and Cheese Sandwich  
Egg and Cheese Sandwich  
Fresh NY Local Apple  
100% Juice Fruit Punch

29 Mini Cinnamon Pull Apart Roll  
Fresh Pear  
100% Orange  
Tangerine

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

ALL FREE MEALS  
If you have any questions/concerns feel free to email Megan McDonnell at [nortonm@whitsons.com](mailto:nortonm@whitsons.com)

**Available Daily:** WG Bagel w/Cream Cheese or Butter, Assort. Cereal w/ Cheese Stick.  
**Available fruit:** Apples, Oranges, Pears, Bananas.  
100% Juice (Apple, Orange, Fruit punch)  
**Available Milk:** 1% White, Fat Free White, Fat Free Chocolate.

