

Breakfast Menu

FMES

September 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



2 Egg and Cheese Sandwich ✓
Banana Bread Sliced ✓
100% Apple Juice
Unflavored 1% Milk

3 Maple Mini Waffles ✓
Egg and Cheese Sandwich ✓
100% Apple Juice
Unflavored 1% Milk

4 WG Donut ✓
Egg and Cheese Sandwich ✓
Unflavored 1% Milk
100% Apple Juice
Fresh Apple



8 Egg and Cheese Sandwich ✓
Maple Mini Waffles ✓
100% Apple Juice
Diced Pear Cup
Unflavored 1% Milk

9 Egg and Cheese Sandwich ✓
Breakfast Sushi ✓
Unflavored 1% Milk
100% Apple Juice
Diced Pear Cup

10 Egg and Cheese Sandwich ✓
Strawberry Mini Bagel ✓
Unflavored 1% Milk
100% Apple Juice

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

14 Egg and Cheese Sandwich ✓
Unflavored 1% Milk
100% Apple Juice
Banana Bread Sliced ✓

15 Soft Filled Cinnamon Toast Crunch Bar ✓
Egg and Cheese Sandwich ✓
Unflavored 1% Milk
100% Apple Juice
Fresh Orange

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

17 Cinnamon Bun ✓
Egg and Cheese Sandwich ✓
Unflavored 1% Milk
100% Apple Juice
Fresh Apple

18 Egg and Cheese Sandwich ✓
WG Donut ✓
Unflavored 1% Milk
Fresh Apple
100% Apple Juice



22 Yogurt Breakfast Pack
yogurt served with a whole grain side and fruit
Egg and Cheese Sandwich ✓
Unflavored 1% Milk
100% Apple Juice

23 Maple Mini Waffles ✓
Unflavored 1% Milk
100% Apple Juice
Sausage and Egg Sandwich
Diced Peaches

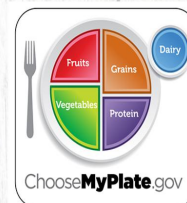
24 Sausage and Egg Sandwich
Unflavored 1% Milk
100% Apple Juice
Diced Peaches
Soft Filled Cinnamon Toast Crunch Bar ✓

25 Egg and Cheese Sandwich ✓
Unflavored 1% Milk
100% Apple Juice
Diced Peaches
WG Glazed Donut ✓

28 Maple Mini Waffles ✓
Egg and Cheese Sandwich ✓
Unflavored 1% Milk
100% Apple Juice
Diced Pear Cup

29 Soft Filled Cinnamon Toast Crunch Bar ✓
Sausage and Egg Sandwich
Unflavored 1% Milk
100% Apple Juice
Diced Peaches

30 Egg and Cheese Sandwich ✓
Unflavored 1% Milk
100% Apple Juice
Diced Pear Cup
Chocolate Banana Overnight Oats



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 Breakfast No Cost,
2nd Meal: \$2.25 Adult \$4.00
Milk:\$0.90

Available Daily

Assorted Reduced Sugar Breakfast Cereals,
Pop Tarts, Muffins, Juice, Milk
& Assorted Cupped and Fresh Fruits

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

