

Breakfast Menu

James I. O'Neill HS

September 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

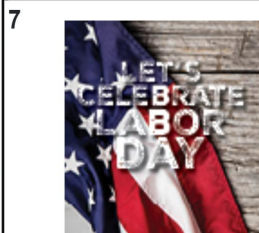
WELCOME
BACK TO
SCHOOL!

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

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

3 Maple Mini Waffles 
Sausage, Egg and Cheese Sandwich
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk

4 Whole Grain French Toast Slices 
Bacon, Egg and Cheese Breakfast Sandwich 
100% Apple Juice
Fat Free Chocolate Milk
Unflavored 1% Milk



8 Egg and Cheese Sandwich 
Chocolate Chip Muffin 
Unflavored 1% Milk
100% Apple Juice

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

10 Whole Grain French Toast Slices 
Or Sausage, Egg and Cheese Sandwich
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk

11 Egg and Cheese Sandwich 
Fresh Orange
100% Apple Juice
Unflavored 1% Milk
Fat Free Chocolate Milk
Mini Cinnamon Pull Apart Roll 

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

15 Sausage, Egg and Cheese Sandwich
100% Apple Juice
Fresh Orange
Unflavored 1% Milk
Fat Free Chocolate Milk
Cinnamon Toast Crunch Cereal Bar

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

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

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

21 Cinnamon French Toast 
Egg and Cheese Sandwich 
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice

22 Maple Mini Waffles 
Egg and Cheese Sandwich 
Fresh Orange
Unflavored 1% Milk
100% Apple Juice

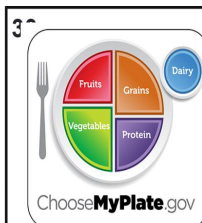
23 Bacon, Egg and Cheese Breakfast Sandwich 
Sausage, Egg and Cheese Sandwich
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice

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

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

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

29 Egg and Cheese Sandwich 
WG Donut 
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.

*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

Regular: \$0.00

Adult Breakfast: \$3.00
(+Tax)

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

Director Kathy Calkins at 845-446-4814 Made With Organic Ingredients

