

Breakfast Menu

Blind Brook MS/HS **September 2026**

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

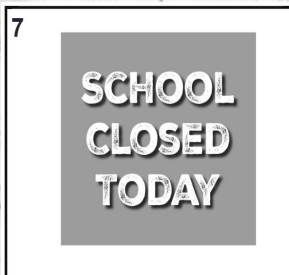
Friday



2 Egg and Cheese Sandwich Fresh Grapes Fat Free Chocolate Milk Unflavored 1% Milk

3 Belgian Waffle with Caramelized Apples Fat Free Chocolate Milk Unflavored 1% Milk

4 Whole Grain French Toast Slices Sliced Oranges Fat Free Chocolate Milk Unflavored 1% Milk



8 Bacon, Egg and Cheese Breakfast Taco Fresh Pear Fat Free Chocolate Milk Unflavored 1% Milk

9 Homemade Muffins Light Mozzarella Cheese Stick Fresh Apple Fat Free Chocolate Milk Unflavored 1% Milk

10 Chocolate Chip Muffin Vanilla Yogurt Pineapple Fat Free Chocolate Milk Unflavored 1% Milk

11 Cinnamon Bun Cinnamon Applesauce Fat Free Chocolate Milk Unflavored 1% Milk

14 Fruity Parfait WG Honey Bear Graham Crackers Fat Free Chocolate Milk Unflavored 1% Milk

15 Bacon, Egg and Cheese Breakfast Sandwich Honeydew and Cantaloupe Cup Fat Free Chocolate Milk Unflavored 1% Milk

16 Fluffy Whole Grain Pancakes Fresh Apple Fat Free Chocolate Milk Unflavored 1% Milk

17 Ham, Egg and Cheese Sandwich Fresh Banana Fat Free Chocolate Milk Unflavored 1% Milk

18 Bacon, Egg and Cheese Breakfast Taco Fresh Grapes Fat Free Chocolate Milk Unflavored 1% Milk



22 Blueberry Muffin Fresh Apple Fat Free Chocolate Milk Unflavored 1% Milk

23 WW Honey Bun Fresh Pear Fat Free Chocolate Milk Unflavored 1% Milk

24 Egg and Cheese Sandwich Fresh Apple Fat Free Chocolate Milk Unflavored 1% Milk

25 Belgian Waffle with Caramelized Apples Fat Free Chocolate Milk Unflavored 1% Milk

28 Whole Grain French Toast Slices Sliced Oranges Fat Free Chocolate Milk Unflavored 1% Milk

29 Fruity Parfait Fresh Apple 100% Grape Juice Unflavored 1% Milk Fat Free Chocolate Milk

30 Scrambled Eggs Sausage Patty Whole Wheat English Muffin Cinnamon Applesauce Fat Free Chocolate Milk Unflavored 1% Milk



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.

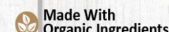
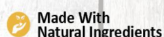
**Menu is subject to change, notice posted when available. If you have a food allergy, or intolerance, please notify us.

***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.



Food Allergies or questions, please contact the Food Services Manager

Gluten Free & Vegetarian Options Available



DAILY OPTIONS:

WG Bagel with Butter or Cream Cheese,

WG Muffin or Cereal Served with Cheese Stick or Yogurt

All Meals served with Fresh Fruit, 100% Fruit Juice and Milk Choice (1%, fat-free Chocolate, Skim Milk)