

Breakfast Menu

FMES

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



5 Egg and Cheese Sandwich
Cinnamon Bun
Fresh Orange
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Apple Juice

6 Fluffy Whole Grain Waffles
Sunshine Smoothie
Fresh Orange
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Juice Fruit

7 Sausage, Egg and Cheese Sandwich
Cinnamon Toast Crunch Cereal Bar
Diced Peaches
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Apple Juice

1 Egg and Cheese Sandwich
Banana Bread Sliced
Fresh Red Delicious Apple
Fat Free Chocolate Milk
Unflavored 1% Milk

2 Egg and Cheese Sandwich
WG Glazed Donut
Diced Peaches
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Juice Fruit

12 **SCHOOL CLOSED TODAY**

13 Fluffy Whole Grain Waffles
Sunshine Smoothie
Fresh Orange
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Juice Fruit

14 Sausage, Egg and Cheese Sandwich
Chocolate Chip Muffin
Applesauce
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Apple Juice

15 Egg and Cheese Sandwich
Banana Bread Sliced
Fresh Red Delicious Apple
Fat Free Chocolate Milk
Unflavored 1% Milk

16 Egg and Cheese Sandwich
WG Glazed Donut
Applesauce
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Juice Fruit

19 Egg and Cheese Sandwich
Fresh Orange
Fat Free Chocolate Milk
100% Apple Juice
Strawberry Shortcake Donut

20 Fluffy Whole Grain Waffles
Sunshine Smoothie
Fresh Orange
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Juice Fruit

21 Sausage, Egg and Cheese Sandwich
Brown Sugar Cinnamon Pop Tart
Mixed Fruit
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Apple Juice

22 Egg and Cheese Sandwich
Banana Bread Sliced
Fresh Red Delicious Apple
Fat Free Chocolate Milk
Unflavored 1% Milk

23 Sausage, Egg and Cheese Sandwich
WG Glazed Donut
Diced Peaches
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Apple Juice

26 Egg and Cheese Sandwich
NY Fruity Yogurt Parfait with Graham Crackers
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Juice Fruit

27 Fluffy Whole Grain Waffles
Sunshine Smoothie
Fresh Orange
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Juice Fruit

28 Sausage, Egg and Cheese Sandwich
Diced Pear Cup
NY Fruity Yogurt Parfait with Graham Crackers
Fat Free Chocolate Milk
Unflavored 1% Milk

29 Egg and Cheese Sandwich
Banana Bread Sliced
Fresh Red Delicious Apple
Fat Free Chocolate Milk
Unflavored 1% Milk

30 Bacon, Egg and Cheese Breakfast Sandwich
WG Glazed Donut
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.

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(including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

