

Breakfast Menu

HFIS

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday

Thursday

Friday

5 Maple Mini Waffles 🍷
100% Apple Juice 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce 🍏
100% Apple Juice 🍏

6 WGR Donut
Sausage, Egg and Cheese Sandwich
Fresh Orange 🍊
Fat Free Chocolate Milk
Unflavored 1% Milk
100% Apple Juice 🍏

7 WW Honey Bun 🍷
Unflavored 1% Milk
Fat Free Chocolate Milk
Applesauce 🍏
100% Juice Fruit Punch 🍏🍏🍏

1 Cinnamon French Toast 🍷
Sausage, Egg and Cheese Sandwich
Fat Free Chocolate Milk
100% Apple Juice 🍏
Mixed Fruit
Egg and Cheese Sandwich 🍷
100% Apple Juice 🍏

2 Unflavored 1% Milk
Fat Free Chocolate Milk
Soft Filled Cinnamon Toast Crunch Bar 🍷
Mixed Fruit
100% Juice Fruit Punch 🍏🍏🍏
WG Chocolate Glazed Donut 🍏

12
Maple Mini Waffles 🍷
Sausage, Egg and Cheese Sandwich
Fresh Orange 🍊
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice 🍏

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

14 Maple Mini Waffles 🍷
Strawberry Banana Smoothie 🍌🍏
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Juice Fruit Punch 🍏🍏🍏

15 Sausage, Egg and Cheese Sandwich
Fresh Orange 🍊
Fat Free Chocolate Milk
Egg and Cheese Sandwich 🍷
100% Juice Fruit Punch 🍏🍏🍏

16 WGR Donut
Sausage, Egg and Cheese Sandwich
100% Apple Juice 🍏
Fat Free Chocolate Milk
100% Apple Juice 🍏

19 Maple Mini Waffles 🍷
Sausage, Egg and Cheese Sandwich
Unflavored 1% Milk
100% Apple Juice 🍏

20 Strawberry Banana Smoothie 🍌🍏
Fluffy Whole Grain Pancakes 🍷
Sausage Patty Syrup
Fat Free Chocolate Milk
100% Apple Juice 🍏

21 Maple Mini Waffles 🍷
Egg and Cheese Sandwich
Fresh Orange 🍊
Unflavored 1% Milk
100% Apple Juice 🍏

22 Maple Mini Waffles 🍷
Sausage, Egg and Cheese Sandwich
Fat Free Chocolate Milk
100% Apple Juice 🍏

23 WW Honey Bun 🍷
Bacon, Egg and Cheese Breakfast Sandwich
Fresh Orange 🍊
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Juice Fruit Punch 🍏🍏🍏

26 WW Honey Bun 🍷
Egg and Cheese Sandwich
Fat Free Chocolate Milk
100% Apple Juice 🍏

27 WW Honey Bun 🍷
Bacon, Egg and Cheese Breakfast Sandwich
Fat Free Chocolate Milk
100% Apple Juice 🍏

28 Strawberry Banana Smoothie 🍌🍏
Egg and Cheese Sandwich
Fat Free Chocolate Milk
100% Apple Juice 🍏

29 Cinnamon Bun 🍷
Egg and Cheese Sandwich
Fresh Orange 🍊
Fat Free Chocolate Milk
100% Apple Juice 🍏

30 WGR Donut
Bacon, Egg and Cheese Breakfast Sandwich
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

Breakfast: \$1st meal no cost 2nd meal \$3

Adult \$4.00

Milk \$0.90

Available Daily

Assorted WG Cereal ~ Cereal Bars ~ Muffins~ Bagels ~ Parfaits ~Milk ~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 Coakley 845-446-4914 ext 2890

