

Breakfast Menu

James I. O'Neill HS

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



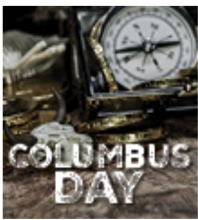
5 Maple Mini Waffles 🌱
Egg and Cheese Sandwich 🌱
100% Apple Juice 🍏
Fat Free Chocolate Milk
Unflavored 1% Milk
Mixed Fruit

6 Egg and Cheese Sandwich 🌱
Or Sausage, Egg and Cheese Sandwich
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice 🍏
Mixed Fruit

7 Egg and Cheese Sandwich 🌱
WW Honey Bun 🌱
100% Apple Juice 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk
Mixed Fruit

8 Egg and Cheese Sandwich 🌱
100% Apple Juice 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk
Mixed Fruit

9 Whole Grain French Toast Slices 🌱
Egg and Cheese Sandwich 🌱
Fresh Orange 🍊
100% Apple Juice 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk

12 

13 Egg & Bacon Wrap 🌱
Or Sausage, Egg and Cheese Sandwich
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice 🍏
Diced Peaches

14 Strawberry Mini Bagel 🌱 🍏
Sausage, Egg and Cheese Sandwich
100% Apple Juice 🍏
Unflavored 1% Milk
Fat Free Chocolate Milk
Diced Peaches

15 WW Honey Bun 🌱
Egg and Cheese Sandwich 🌱
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice 🍏
Diced Peaches

16 Bacon, Egg and Cheese Breakfast Sandwich 🌱
Maple Mini Waffles 🌱
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice 🍏
Diced Peaches

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

20 Maple Mini Waffles 🌱
Egg and Cheese Sandwich 🌱
Fresh Orange 🍊
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice 🍏

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

22 Egg and Cheese Sandwich 🌱
Cinnamon Bun 🌱 🍌
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice 🍏

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

26 Egg and Cheese Sandwich 🌱
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice 🍏

27 Egg and Cheese Sandwich 🌱
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 🍏

29 Whole Grain French Toast Slices 🌱
Egg and Cheese Sandwich 🌱
Unflavored 1% Milk
Fat Free Chocolate Milk
100% Apple Juice 🍏

30 WGR Donut 🌱
Egg and Cheese Sandwich 🌱
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

1st Meal no charge
2nd \$3.00

Adult Breakfast: \$4.00
(+Tax = \$4.24)

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 Golden 845-446-4914

