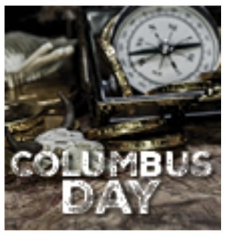
Breakfast Menu

POB JFK High School

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Juice Fruit Punch	2 Mini Cinnamon Pull Apart Roll Fresh Pear 100% Orange Tangerine
5 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Orange Tangerine	6 Avocado Toast Fresh NY Local Apple 100% Orange Tangerine	7 Homemade Muffins Fresh Pear 100% Orange Tangerine	8 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Juice Fruit Punch	9 Mini Cinnamon Pull Apart Roll Fresh Pear 100% Apple Juice
12 	13 Warm Cinnamon Bites Fresh Orange 100% Apple Juice	14 Homemade Muffins Fresh Pear 100% Apple Juice	15 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Juice Fruit Punch	16 Mini Cinnamon Pull Apart Roll Fresh Pear 100% Orange Tangerine
19 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Orange Tangerine	20 Warm Cinnamon Bites Fresh Orange 100% Orange Tangerine	21 Homemade Muffins Fresh NY Local Apple 100% Orange Tangerine	22 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Orange Tangerine	23 Mini Cinnamon Pull Apart Roll Fresh Orange 100% Apple Juice
26 Fresh NY Local Apple Fresh Orange 100% Orange Tangerine Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich	27 Avocado Toast Fresh NY Local Apple 100% Orange Tangerine	28 Homemade Muffins Fresh Pear 100% Apple Juice	29 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Juice Fruit Punch	30 Mini Cinnamon Pull Apart Roll Fresh Pear 100% Orange Tangerine



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.

Breakfast

ALL FREE MEALS
If you have any questions/concerns feel free to email Megan McDonnell at nortonm@whitsons.com

Available Daily: WG Bagel w/Cream Cheese or Butter, Assort. Cereal w/ Cheese Stick.
Available fruit: Apples, Oranges, Pears, Bananas. 100% Juice (Apple, Orange, Fruit punch)
Available Milk: 1% White, Fat Free White, Fat Free Chocolate.

Vegetarian | Made With Natural Ingredients | Pork | Smart Choice | Made With Organic Ingredients

***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.