

Breakfast Menu

Plainview POB Middle School

October 2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

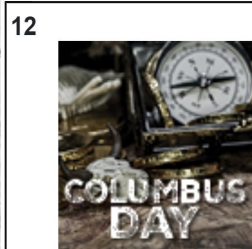
5 Egg and Cheese Sandwich 
Or Homemade Muffins  
With Fresh Red Delicious Apple 

6 Egg and Cheese Sandwich 
Or Mini Cinnamon Pull Apart Roll  
With Fresh Orange 

7 Egg and Cheese Sandwich 
Or Mini Chocolate Chip French Toast
With Fresh Pear

1 Egg and Cheese Sandwich 
Or Mini Blueberry Bash Waffles 
With 100% Juice Fruit Punch   

2 Bagel with Butter 
Whole Grain Bagel with Cream Cheese 
With 100% Apple Juice 



12 Egg and Cheese Sandwich 
Or Mini Cinnamon Pull Apart Roll  
With Fresh Orange 

14 Egg and Cheese Sandwich 
Or Mini Chocolate Chip French Toast
With Fresh Pear

15 Egg and Cheese Sandwich 
Or Mini Blueberry Bash Waffles 
With 100% Juice Fruit Punch   

16 Egg and Cheese Sandwich 
Bagel with Butter 
Whole Grain Bagel with Cream Cheese 
With 100% Apple Juice 

19 Egg and Cheese Sandwich 
Or Homemade Muffins  
With Fresh Red Delicious Apple 

20 Egg and Cheese Sandwich 
Or Mini Cinnamon Pull Apart Roll  
With Fresh Orange 

21 Egg and Cheese Sandwich 
Or Mini Chocolate Chip French Toast
With Fresh Pear

22 Egg and Cheese Sandwich 
Or Mini Blueberry Bash Waffles 
With 100% Juice Fruit Punch   

23 Egg and Cheese Sandwich 
Bagel with Butter 
Whole Grain Bagel with Cream Cheese 
100% Apple Juice 

26 Egg and Cheese Sandwich 
Or Homemade Muffins  
With Fresh Red Delicious Apple 

27 Egg and Cheese Sandwich 
Or Mini Cinnamon Pull Apart Roll  
With Fresh Orange 

28 Egg and Cheese Sandwich 
Or Mini Chocolate Chip French Toast
With Fresh Pear

29 Egg and Cheese Sandwich 
Or Mini Blueberry Bash Waffles 
With 100% Juice Fruit Punch   

30 Egg and Cheese Sandwich 
Bagel with Butter 
Whole Grain Bagel with Cream Cheese 
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.



ALL MEALS ARE FREE ANY QUESTIONS AND CONCERNS CONTACT: MEGAN MCDONNELL

MMCDONNELL@POBSCHOOLS.ORG

AVAILABLE DAILY: EGG AND CHEESE, MINI CINI, POPTART, MINI WAFFLE, MINI FRENCH TOAST, 100% FRUIT JUICES, APPLES, ORANGES, PEARS, 1% WHITE, FAT FREE WHITE OR CHOCOLATE MILKS

