

Breakfast Menu

Orange East Waits River Valley School

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Homemade Apple Cinnamon Oatmeal 
 
Sausage and Cheese Sandwich 

6 Fruity Parfait  
   
Sausage and Cheese Sandwich 

7 Spicy Country Breakfast Bowl  
Toast
Sausage and Cheese Sandwich 

1 Ham & Cheese Bagel Melt  
Sausage and Cheese Sandwich 

2 Scrambled Eggs with Cheese 
Toast
Sausage and Cheese Sandwich 

12

13 Crispy Chicken Patty 
Country Style Gravy
Sausage and Cheese Sandwich 

14 Mean Berry Smoothie   

Scooby Doo Cinnamon Graham Crackers
Sausage and Cheese Sandwich 

15 Ham & Cheese Bagel Melt  
Sausage and Cheese Sandwich 

16 Fluffy Whole Grain Waffles 
Sausage and Cheese Sandwich 

19 Fluffy Pancakes 
Sausage and Cheese Sandwich 

20 Fruity Parfait  
   
Sausage and Cheese Sandwich 

21 Spicy Country Breakfast Bowl  
Toast
Sausage and Cheese Sandwich 

22 Sausage, Egg & Cheese Burrito* 
Sausage and Cheese Sandwich 

23 Whole Grain Pancakes with Sausage
Sausage and Cheese Sandwich 

26 Homemade Apple Cinnamon Oatmeal 
 
Sausage and Cheese Sandwich 

27 Sicilian Style Breakfast Pizza   

Sausage and Cheese Sandwich 

28 Strawberry Smoothie  
Cinnamon Smoothie Dunker  
Sausage and Cheese Sandwich 

29

30



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.

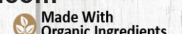
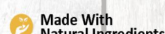
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Available Daily

Fresh and dried fruit
with Assorted Cereal and
string cheese options

100% Fruit Juice

1% White Milk or Fat
Free Chocolate Milk



Meals Are Free To All Students

Adult Breakfast \$3.00

Adult Lunch \$4.75

Milk \$0.50

Questions, Contact Michael Flies
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