Breakfast Menu

Centereach High School

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Homemade Muffins Fresh Orange Strawberries	2 Fresh Whole Wheat Bagel With Cream Cheese Fresh Banana Fresh Pear
5 WW Honey Bun Strawberries Fresh Banana	6 Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola* Fresh Apple Fresh Orange	7 Sausage, Egg & Cheese Burrito* Strawberries Fresh Grapes	8 Fluffy Whole Grain Pancakes Fresh Apple Fresh Banana	9 Mini Cinnamon Pull Apart Roll Apple Slices Fresh Orange
12 SCHOOL CLOSED TODAY	13 WW Honey Bun Fresh Apple Fresh Banana	14 Bacon and Egg Sandwich Fresh Apple Fresh Banana eggheads	15 Fresh Whole Wheat Bagel Cream Cheese Fresh Orange Fresh Pear	16 Whole Grain French Toast Slices With Syrup Fresh Apple Fresh Grapes
19 Homemade Muffins Fresh Orange Fresh Banana	20 Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola* Fresh Apple Strawberries	21 Ham, Egg and Cheese Sandwich Fresh Apple Fresh Banana eggheads	22 Mini Cinnamon Pull Apart Roll Strawberries Fresh Banana 	23 Fluffy Whole Grain Pancakes With Syrup Strawberries Fresh Blueberries
26 Fruity Granola Parfait *Low fat vanilla yogurt layered with fruit and granola* Fresh Apple Strawberries 	27 Homemade Muffins Fresh Orange Blueberries 	28 Sausage, Egg and Cheese Sandwich Fresh Orange Fresh Grapes eggheads	29 WW Honey Bun Strawberries Fresh Grapes	30 Fresh Whole Wheat Bagel Cream Cheese Fresh Apple Fresh Orange

All students can receive one NO COST breakfast and lunch meal daily in school for 2026-2027 school

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.

Available Daily
Whole grain bagel
Assorted Yogurt Parfaits
Assorted Variety Muffin
Assorted RS WG Cereals
Assorted 100% Juices
and Fruit

Breakfast meals free for 2026-2027 school year

Breakfast includes 2 grains or 1 grain and1 meat/meat alternative
2 fruit choices
Milk choice of 1%, lactose free, or fat free white milk
Assorted condiments available

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.