

Breakfast Menu

Newfield High School

October 2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

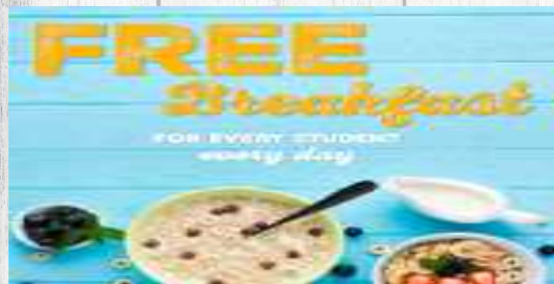
Monday

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

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

12 SCHOOL CLOSED TODAY

13 WW Honey Bun
Fresh Apple
Fresh Banana

14 Bacon and Egg Sandwich
Fresh Apple
Fresh Banana

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

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

29 WW Honey Bun
Strawberries
Fresh Grapes

30 Fresh Whole Wheat Bagel
Cream Cheese
Fresh Apple
Fresh Orange

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.



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 and 1 meat/meat alternative
2 fruit choices
Milk choice of 1%, lactose free, or fat free white milk
Assorted condiments available

