

Breakfast Menu

Selden Middle School

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



1 Homemade Muffins
Fresh Blueberries
Fresh Apple

2 Whole Grain French Toast Slices With Syrup
Fresh Orange
Fresh Pear

5 Fresh Whole Wheat Bagel
With Cream Cheese
Strawberries
Fresh Apple

6 WW Honey Bun
Fresh Orange
Fresh Banana

7 Sausage, Egg and Cheese Sandwich
Apple Slices
Fresh Banana

8 Whole Grain French Toast Slices
Syrup
Fresh Apple
Fresh Orange

9 Homemade Muffins
Fresh Orange
Fresh Grapes

12 SCHOOL CLOSED TODAY

13 Mini Confetti Pancakes
Strawberries
Fresh Orange

14 Fruity Granola Parfait
Fresh Apple
Fresh Pear

15 Homemade Muffins
Fresh Orange
Fresh Pear

16 Fresh Whole Wheat Bagel
Cream Cheese
Mixed Fruit
Fresh Orange

19 WW Honey Bun
Strawberries
Fresh Orange

20 Fresh Whole Wheat Bagel
Cream Cheese
Strawberries
Fresh Banana

21 Bacon, Egg and Cheese Breakfast Sandwich
Mixed Fruit
Fresh Apple

22 Fruity Granola Parfait
Low fat vanilla yogurt layered with fruit and granola
Strawberries
Fresh Banana

23 Whole Grain French Toast Slices With Syrup
Apple Slices
Fresh Orange

26 Homemade Muffins
Strawberries
Fresh Pear

27 Mini Cinnamon Pull Apart Roll
Fresh Orange
Fresh Pear

28 Sausage, Egg and Cheese Sandwich
Fresh Apple
Fresh Pear

29 Fresh Whole Wheat Bagel
Cream Cheese
Mixed Fruit
Fresh Banana

30 WW Honey Bun
Strawberries
Apple Slices

SY26-27, all students can receive one NO Cost Breakfast and Lunch Meal daily in 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.

***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
Yogurt Parfait
Assorted Variety Muffins
Assorted RS WG Cereals
100% Juices and
Fresh 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

