

Breakfast Menu

Lansingburgh High School

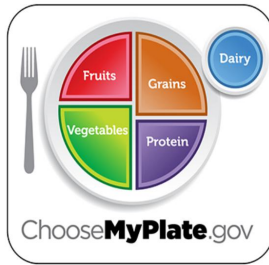
October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday



Thursday

Friday

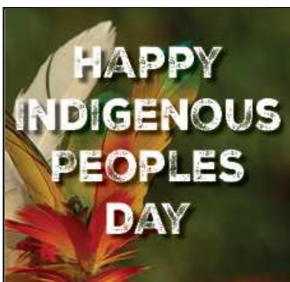
5 Mini Cinnamon Pull Apart Roll
Fresh Orange
100% Apple Juice
Unflavored Low Fat Milk
Fat Free Chocolate Milk

6 Whole Grain French Toast Slices
Fresh Apple
100% Orange
Tangerine
Unflavored Low Fat Milk
Fat Free Chocolate Milk

7 Sausage, Egg and Cheese Sandwich
Fresh Orange
100% Apple Juice
Unflavored Low Fat Milk
Fat Free Chocolate Milk

8 WW Honey Bun
Fresh Apple
100% Orange
Tangerine
Unflavored Low Fat Milk
Fat Free Chocolate Milk

9 Chocolate Chip Muffin
Fresh Apple
100% Orange
Tangerine
Unflavored Low Fat Milk
Fat Free Chocolate Milk



13 Fluffy Whole Grain Waffles
Fresh Orange
100% Apple Juice
Unflavored Low Fat Milk
Fat Free Chocolate Milk

14 Sausage, Egg and Cheese Sandwich
Fresh Apple
100% Orange
Tangerine
Unflavored Low Fat Milk
Fat Free Chocolate Milk

15 WW Honey Bun
Fresh Orange
100% Apple Juice
Unflavored Low Fat Milk
Fat Free Chocolate Milk

16 WG Double Chocolate Chip Muffin
Fresh Apple
100% Orange
Tangerine
Unflavored Low Fat Milk
Fat Free Chocolate Milk

19 Mini Cinnamon Pull Apart Roll
Fresh Orange
100% Apple Juice
Unflavored Low Fat Milk
Fat Free Chocolate Milk

20 Whole Grain French Toast Slices
Fresh Apple
100% Orange
Tangerine
Unflavored Low Fat Milk
Fat Free Chocolate Milk

21 Sausage, Egg and Cheese Sandwich
Fresh Orange
100% Apple Juice
Unflavored Low Fat Milk
Fat Free Chocolate Milk

22 WW Honey Bun
Fresh Apple
100% Orange
Tangerine
Unflavored Low Fat Milk
Fat Free Chocolate Milk

23 Chocolate Chip Muffin
Fresh Orange
100% Apple Juice
Unflavored Low Fat Milk
Fat Free Chocolate Milk

26 WW Bagel
Cream Cheese
Fresh Apple
100% Orange
Tangerine
Unflavored Low Fat Milk
Fat Free Chocolate Milk

27 Fluffy Whole Grain Waffles
Fresh Orange
100% Apple Juice
Unflavored Low Fat Milk
Fat Free Chocolate Milk

28 Sausage, Egg and Cheese Sandwich
Fresh Apple
100% Orange
Tangerine
Unflavored Low Fat Milk
Fat Free Chocolate Milk

29 WW Honey Bun
Fresh Orange
100% Apple Juice
Unflavored Low Fat Milk
Fat Free Chocolate Milk

30 Blueberry Muffin
Fresh Apple
100% Orange
Tangerine
Unflavored Low Fat Milk
Fat Free Chocolate Milk

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.

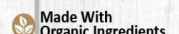
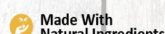
***In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.



Adult Meal - \$3.52+ Tax

All students are eligible to receive **one** free meal at breakfast.

MENU IS SUBJECT TO CHANGE.



Fresh fruit available daily.

If you have any questions or would like additional information regarding this menu please contact the Director of Food Service, Kevin Darrigo, at 518-233-6829 or kdarrigo@lansingburgh.org.