

October 2026

Eastchester HS / Middle School | Breakfast MENU

MON	TUES	WED	THURS	FRI
				
			1	2
			Pancake Strawberry 100% Juice Milk	Sausage , Egg, and Cheese WG Croissant Melon wedge 100% juice Milk
5	6	7	8	9
French Toast Sticks Orange slice 100% Juice Milk	Breakfast Taco Egg and Cheese Pineapple Chunks 100% Juice Milk	WG Waffle Blueberry 100% juice Milk	WG Chocolate Chip Muffin Yogurt Pineapple 100% Juice Milk	WG Glazed Cinnamon Roll Apple Sauce 100% Juice
12	13	14	15	16
Columbus Indigenous People's Day No School	Bacon Egg and Cheese on WG English Muffin Melon wedge 100% juice Milk	WG Pancake Hash Brown 100% Juice Milk	WG Muffin Cheese Stick Apple Slice 100% juice Milk	Egg and Cheese Taco Banana 100% Juice Milk
19	20	21	22	23
Egg and Cheese WG English Muffin 100% Juice Milk	Blueberry WG Muffin Yogurt Apple Slice 100% juice Milk	Cinnamon Sugar Donut Pear 100% Juice Milk	Egg Cheese WG English Muffin 100% juice Milk	Ham Egg and Cheese on WG Bagel Pineapple 100% Juice Milk
26	27	28	29	30
WG French Toast Sticks Orange 100% Juice Milk	berries Yogurt Parfait Graham Crackers 100% Juice Milk	Egg and Turkey Sausage WG Bagel Grapes 100% juice Milk	WG Maple Turkey sausage pancake wrap Banana 100% Juice	Turkey Sausage Cheese WG Roll Apple slice 100% Juice Milk

Daily Options:

WG Bagel with butter or cream Cheese, WG Muffin or Cereal Served with Cheese Stick Or Yogurt
Fresh fruit , 100% Fruit Juice

Choice of 1%, or Skim milk with all meals

Food Allergies or questions

Please contact Food Service Director
914-793-6130 ex. 4234

Gluten Free and Vegetarian Options Available

Local Farm Fruit and Vegetables Based on Availability

Non-High Fructose Corn Syrup

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STUDENT NUTRITION

Menus are subject to change.

This institution is an equal opportunity provider.

Consuming raw or uncooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. If you have questions or would like additional information please contact your food service director at 914-793-6130 ex. 4234



HAPPY HALLOWEEN