

Breakfast Menu

Pre-K Menu

October 2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Chocolate Chip Muffin 
Applesauce 



6 Red. Sugar Cinnamon Toast Crunch Cereal 
Light Mozzarella Cheese Stick
100% Orange Tangerine   

7 Maple Mini Waffles 
Applesauce 



1 Red. Sugar Cocoa Puffs Cereal 
Light Mozzarella Cheese Stick
Diced Peaches 

2 Whole Grain French Toast Slices 
100% Juice Fruit Punch   

12 

13 Cheerios Cereal 
Light Mozzarella Cheese Stick
100% Orange Tangerine   

14 Maple Mini Waffles 
Applesauce 

15 Red. Sugar Cocoa Puffs Cereal 
Light Mozzarella Cheese Stick
Diced Peaches 



16 Whole Grain French Toast Slices 
100% Juice Fruit Punch   

19 Chocolate Chip Muffin 
Applesauce 



20 Red. Sugar Cinnamon Toast Crunch Cereal 
Light Mozzarella Cheese Stick
100% Orange Tangerine   

21 Maple Mini Waffles 
Applesauce 

22 Cheerios Cereal 
Light Mozzarella Cheese Stick
Diced Peaches 

23 Whole Grain French Toast Slices 
100% Juice Fruit Punch   



26 Blueberry Muffin 
Applesauce 

27 Cheerios Cereal 
Light Mozzarella Cheese Stick
100% Orange Tangerine   

28 Maple Mini Waffles 
Applesauce 

29 Red. Sugar Cocoa Puffs Cereal 
Light Mozzarella Cheese Stick
Diced Peaches 

30 Whole Grain French Toast Slices 
100% Juice Fruit Punch   



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.



 Vegetarian

 Made With Natural Ingredients

 Pork

 Smart Choice

 Made With Organic Ingredients

Available Daily

Fresh Fruit (apple, orange, banana or seasonal) available with Breakfast Meal

Fat Free and Low-fat Milk available Daily

All grains are WG and/ or WW