

Breakfast Menu

North St School

October 2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



5 Mini Blueberry Pancakes
Or WW Honey Bun 🌱
With Fresh Apple
100% Orange
Tangerine 🍎 🍊 🍊

6 Very Berry Smoothie 🍓
Or WW Honey Bun 🌱
Fresh Pear
Dried Cranberries

7 Fruity Granola Parfait 🌾 🍌 🍓 🍌
Or WW Honey Bun 🌱
Fresh Banana 🍌
Applesauce 🍎

1 Fluffy Whole Grain Waffles
With Syrup
Or WW Honey Bun 🌱
Fresh Orange 🍊
Diced Pear Cup

2 Egg and Cheese Sandwich 🌱
Fresh Apple
100% Juice Fruit Punch 🍌 🍎 🍊



13 Pancake, Egg and Cheese Breakfast Sandwich 🌱
With Syrup
Or WG Double Chocolate Chip Muffin 🌱
Fresh Pear
Raisins

14 Scrambled Eggs with Cheese 🌱
Or WG Double Chocolate Chip Muffin 🌱
Fresh Banana 🍌
Applesauce 🍎

15 Apple Strudel 🌱 🍌
Or WG Double Chocolate Chip Muffin 🌱
Fresh Orange 🍊
Diced Pear Cup

16 Egg and Cheese Sandwich 🌱
Or WG Double Chocolate Chip Muffin 🌱
Fresh Apple
100% Juice Fruit Punch 🍌 🍎 🍊

19 Whole Grain French Toast Slices
With Syrup
Or Yogurt with Granola 🌱 🌾 🍌 🍌
Fresh Apple
100% Orange
Tangerine 🍎 🍊 🍊

20 WW Honey Bun 🌱
Or Yogurt with Granola 🌱 🌾 🍌 🍌
Fresh Pear
Dried Cranberries

21 Mini Blueberry Pancakes
Or Yogurt with Granola 🌱 🌾 🍌 🍌
Fresh Banana 🍌
Applesauce 🍎

22 Mini Cinnamon Pull Apart Roll 🌱 🌾
Or Yogurt with Granola 🌱 🌾 🍌 🍌
Fresh Orange 🍊
Diced Pear Cup

23 Egg and Cheese Sandwich 🌱
Or Yogurt with Granola 🌱 🌾 🍌 🍌
Fresh Apple
100% Juice Fruit Punch 🍌 🍎 🍊

26 Mini French Toast Syrup
Or WW Bagel 🌱
With Cream Cheese
Fresh Apple
100% Orange
Tangerine 🍎 🍊 🍊

27 Pancake, Egg and Cheese Breakfast Sandwich 🌱
With Syrup
Or WW Bagel 🌱
With Cream Cheese
Fresh Pear
Raisins

28 Scrambled Eggs with Cheese 🌱
Or WW Bagel 🌱
With Cream Cheese
Fresh Banana 🍌
Applesauce 🍎

29 Fruity Peach & Granola Parfait 🌾 🍌
Or WW Bagel 🌱
With Cream Cheese
Fresh Banana 🍌
Applesauce 🍎

30 Apple Strudel 🌱 🍌
Or WW Bagel 🌱
With Cream Cheese
Fresh Banana 🍌
Applesauce 🍎

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:

Choice of Cereal: Whole Grain Apple Cinnamon
Cheerios or Reduced Sugar Cinnamon Toast
Crunch with Belly Bear Graham Crackers

Fresh Assorted Seasonal Fruits or Chilled Fruit Cup

Choice of Milk: Fat Free Chocolate or 1% White

