

Breakfast Menu

Blind Brook MS/HS

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



1 Belgian Waffle with Caramelized Apples
Fat Free Chocolate Milk
Unflavored 1% Milk

2 Bacon, Egg and Cheese Breakfast Taco
Fresh Pear
100% Orange
Tangerine
Fat Free Chocolate Milk
Unflavored 1% Milk

5 Egg and Cheese Sandwich
Apple Slices
100% Orange
Tangerine
Fat Free Chocolate Milk
Unflavored 1% Milk

6 Whole Grain French Toast Slices
Sliced Oranges
Fat Free Chocolate Milk
Unflavored 1% Milk

7 Fluffy Whole Grain Pancakes
Apple Slices
Fat Free Chocolate Milk
Unflavored 1% Milk

8 Belgian Waffle with Caramelized Apples
Fat Free Chocolate Milk
Unflavored 1% Milk

9 Bacon, Egg and Cheese Breakfast Taco
Fresh Pear
Fat Free Chocolate Milk
Unflavored 1% Milk

SCHOOL CLOSED TODAY

13 Whole Grain French Toast Slices
Sliced Oranges
Fat Free Chocolate Milk
Unflavored 1% Milk

14 Fluffy Whole Grain Pancakes
Apple Slices
100% Orange
Tangerine
Fat Free Chocolate Milk
Unflavored 1% Milk

15 Belgian Waffle with Caramelized Apples
Fat Free Chocolate Milk
Unflavored 1% Milk

16 Bacon, Egg and Cheese Breakfast Taco
Fresh Grapes
100% Orange
Tangerine
Fat Free Chocolate Milk
Unflavored 1% Milk

19 Sausage and Egg Sandwich
Cinnamon Applesauce
Fat Free Chocolate Milk
Unflavored 1% Milk

20 Whole Grain French Toast Slices
Sliced Oranges
Fat Free Chocolate Milk
Unflavored 1% Milk

21 Fluffy Whole Grain Pancakes
Apple Slices
Fat Free Chocolate Milk
Unflavored 1% Milk

22 Belgian Waffle with Caramelized Apples
Fat Free Chocolate Milk
Unflavored 1% Milk

23 Bacon, Egg and Cheese Breakfast Taco
Fresh Pear
Fat Free Chocolate Milk
Unflavored 1% Milk

26 Bacon, Egg and Cheese Breakfast Sandwich
Fresh Melon Cup
Fat Free Chocolate Milk
Unflavored 1% Milk

27 Whole Grain French Toast Slices
Sliced Oranges
Fat Free Chocolate Milk
Unflavored 1% Milk

28 Fluffy Whole Grain Pancakes
Apple Slices
Fat Free Chocolate Milk
Unflavored 1% Milk

29 Belgian Waffle with Caramelized Apples
Fat Free Chocolate Milk
Unflavored 1% Milk

30 Bacon, Egg and Cheese Breakfast Taco
Fresh Pear
Fat Free Chocolate Milk
Unflavored 1% 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.

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