

Breakfast Menu

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October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Mini Cinnamon Pull Apart Roll 🌱 🌾
Fat Free Chocolate Milk
Fresh Orange 🍊

6 Bagel with String Cheese 🌱
Light Mozzarella Cheese Stick
Applesauce 🍏
Cream Cheese Grape Jelly
Unflavored 1% Milk

7 Fluffy Whole Grain Pancakes
Egg Patty
Sliced Oranges 🍊
Unflavored 1% Milk

1 Strawberry & Banana Yogurt Cup
Banana Bread 🍌 🌱
Fresh Pear
Unflavored 1% Milk

2 **SCHOOL CLOSED TODAY**

12 **SCHOOL CLOSED TODAY**

13 Cinnamon Toast Crunch Cereal 🌱
Unflavored 1% Milk
Fresh Orange 🍊
Light Mozzarella Cheese Stick

14 Sausage and Cheese Sandwich
Unflavored 1% Milk
Fresh Apple 🍏
Vanilla Yogurt

15 Cheerios Cereal 🌱
WG Honey Bear Graham Crackers
Diced Pear Cup
Unflavored 1% Milk

16 Cocoa Puffs Cereal Bar 🌾 🌻
Unflavored 1% Milk
Fresh Apple 🍏
Non Fat Strawberry Greek Yogurt 🍓

19 Strawberry Mini Bagel 🌱 🍓
Fat Free Chocolate Milk
Fresh Pear
Light Mozzarella Cheese Stick

20 Banana Muffin 🍌 🌱
Unflavored 1% Milk
String Cheese
Fresh Orange 🍊

21 Belgian Waffle Bites
Applesauce 🍏
Light Mozzarella Cheese Stick

22 Yogurt Parfait 🌱 🍓
Fresh Banana 🍌
Unflavored 1% Milk
Fresh Pear
Oatmeal 🌱 🌾 🍌

23 WG Donut Bites 🌱
Strawberry Yogurt 🍓
Unflavored 1% Milk
Sliced Apples 🍏

26 Red. Sugar Cocoa Puffs Cereal 🌱 🌻
Fat Free Chocolate Milk
Fresh Orange 🍊
String Cheese

27 Strawberry Pop Tart 🍓 🍓
Unflavored 1% Milk
Pears Diced in Juice
Oatmeal 🌱 🌾 🍌

28 Applesauce 🍏
Fresh Banana 🍌
Maple Waffle
Breakfast Sandwich

29 Cinnamon Toast Crunch Cereal 🌱
Fresh Apple 🍏
Fat Free Chocolate Milk

30 Fat Free Chocolate Milk
Fresh Orange 🍊
Homemade Pancakes 🌱 🌾
Turkey Bacon 🌻

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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