

Breakfast Menu

Hamlin Upper Grade Center

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Cinnamon Toast Crunch Cereal 
Light Mozzarella Cheese Stick
Apple Slices 
100% Grape Juice 

6 Brown Sugar Cinnamon Pop Tart
Light Mozzarella Cheese Stick
Dried Cranberries
100% Apple Juice 

7 Trix Cereal Bar 
Graham Crackers
Applesauce 
100% Juice Fruit Punch 

1 Banana Muffin 
Applesauce 
100% Juice Fruit Punch 

2 Yogurt with Graham Crackers 
Fresh Orange 
100% Grape Juice 



12 Mini Cinnamon Pull Apart Roll 
Fresh Orange 
Very Berry 100% Juice 


14 Banana Chocolate Breakfast Bar 
Apple Slices 
100% Juice Fruit Punch 

15 Blueberry Bread Sliced 
Dried Cranberries
100% Grape Juice 

16 Soft Filled Cinnamon Toast Crunch Bar 
Applesauce 
100% Apple Juice 

19 Cheerios Cereal 
Light Mozzarella Cheese Stick
Fresh Orange 
Very Berry 100% Juice 


20 Strawberry Mini Bagel 
Apple Slices 
100% Orange Tangerine 


21 Chocolate Chip Muffin 
Dried Cranberries
100% Grape Juice 

22 Blueberry Chex Cereal 
Applesauce 
100% Apple Juice 

23 Yogurt with Graham Crackers 
Apple Slices 
100% Juice Fruit Punch 

26 Red. Sugar Cocoa Puffs Cereal 
Light Mozzarella Cheese Stick
Fresh Apple 
100% Fruit Punch Juice 


27 Pull Apart Donut Hole 
Dried Cranberries
Very Berry 100% Juice 


28 French Toast Breakfast Bar 
Fresh Orange 
100% Apple Juice 

29 Fudge Pop Tart Light Mozzarella Cheese Stick
Apple Slices 
100% Grape Juice 

30 Soft Filled Cinnamon Toast Crunch Bar 
Dried Cranberries
100% Orange Tangerine 




View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

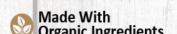
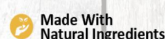
*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**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.

Breakfast Includes: An Entree, Choice of Fruit, and Choice of Milk.

Variety of Milk Offered Daily.



Breakfast Menu

Lawn Manor School

October 2026

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WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Cinnamon Toast Crunch Cereal 
Light Mozzarella Cheese Stick
Apple Slices 
100% Grape Juice 

6 Brown Sugar Cinnamon Pop Tart
Light Mozzarella Cheese Stick
Dried Cranberries
100% Apple Juice 

7 Trix Cereal Bar 
Graham Crackers
Applesauce 
100% Juice Fruit Punch 

1 Banana Muffin 

Applesauce 
100% Juice Fruit Punch 

2 Yogurt with Graham Crackers 
Fresh Orange 
100% Grape Juice 



12 Mini Cinnamon Pull Apart Roll 
Fresh Orange 
Very Berry 100% Juice 

14 Banana Chocolate Breakfast Bar 

Apple Slices 
100% Juice Fruit Punch 

15 Blueberry Bread Sliced 
Dried Cranberries
100% Grape Juice 

16 Soft Filled Cinnamon Toast Crunch Bar 
Applesauce 
100% Apple Juice 

19 Cheerios Cereal 

Light Mozzarella Cheese Stick
Fresh Orange 
Very Berry 100% Juice 

20 Strawberry Mini Bagel 
Apple Slices 
100% Orange Tangerine 

21 Chocolate Chip Muffin 
Dried Cranberries
100% Grape Juice 

22 Blueberry Chex Cereal 
Applesauce 
100% Apple Juice 

23 Yogurt with Graham Crackers 
Apple Slices 
100% Juice Fruit Punch 

26 Red. Sugar Cocoa Puffs Cereal 
Light Mozzarella Cheese Stick
Fresh Apple 
100% Fruit Punch Juice 

27 Pull Apart Donut Hole 
Dried Cranberries
Very Berry 100% Juice 

28 French Toast Breakfast Bar 
Fresh Orange 
100% Apple Juice 

29 Fudge Pop Tart Light Mozzarella Cheese Stick
Apple Slices 
100% Grape Juice 

30 Soft Filled Cinnamon Toast Crunch Bar 
Dried Cranberries
100% Orange Tangerine 



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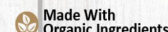
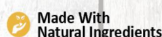
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Variety of Milk Offered Daily.



Breakfast Menu

Meadow Lane School

October 2026

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Monday

Tuesday

Wednesday

Thursday

Friday

5 Cinnamon Toast Crunch Cereal 
Light Mozzarella Cheese Stick
Apple Slices 
100% Grape Juice 

6 Brown Sugar Cinnamon Pop Tart
Light Mozzarella Cheese Stick
Dried Cranberries
100% Apple Juice 

7 Trix Cereal Bar 
Graham Crackers
Applesauce 
100% Juice Fruit Punch 

1 Banana Muffin 
Applesauce 
100% Juice Fruit Punch 

2 Yogurt with Graham Crackers 
Fresh Orange 
100% Grape Juice 



12 Mini Cinnamon Pull Apart Roll 
Fresh Orange 
Very Berry 100% Juice 

14 Banana Chocolate Breakfast Bar 
Apple Slices 
100% Juice Fruit Punch 

15 Blueberry Bread Sliced 
Dried Cranberries
100% Grape Juice 

16 Soft Filled Cinnamon Toast Crunch Bar 
Applesauce 
100% Apple Juice 

19 Cheerios Cereal 
Light Mozzarella Cheese Stick
Fresh Orange 
Very Berry 100% Juice 

20 Strawberry Mini Bagel 
Apple Slices 
100% Orange Tangerine 

21 Chocolate Chip Muffin 
Dried Cranberries
100% Grape Juice 

22 Blueberry Chex Cereal 
Applesauce 
100% Apple Juice 

23 Yogurt with Graham Crackers 
Apple Slices 
100% Juice Fruit Punch 

26 Red. Sugar Cocoa Puffs Cereal 
Light Mozzarella Cheese Stick
Fresh Apple 
100% Fruit Punch Juice 

27 Pull Apart Donut Hole 
Dried Cranberries
Very Berry 100% Juice 

28 French Toast Breakfast Bar 
Fresh Orange 
100% Apple Juice 

29 Fudge Pop Tart Light Mozzarella Cheese Stick
Apple Slices 
100% Grape Juice 

30 Soft Filled Cinnamon Toast Crunch Bar 
Dried Cranberries
100% Orange Tangerine 



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