

Breakfast Menu

Centereach High School

November 2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

2 Fruity Granola Parfait
Low fat vanilla yogurt
layered with fruit and
granola 🍌 🍌 🍌 🍌
Fresh Apple
Strawberries 🍓

3 **SCHOOL
CLOSED
TODAY**

4 Sausage, Egg &
Cheese Burrito*
Strawberries 🍓
Fresh Grapes



5 Homemade Muffins
Fresh Orange 🍊
Strawberries 🍓



6 Fresh Whole Wheat
Bagel 🍞
With Cream Cheese
Fresh Banana 🍌
Fresh Pear

9 WW Honey Bun 🍌
Strawberries 🍓
Fresh Banana 🍌

10 Fruity Granola Parfait
Low fat vanilla yogurt
layered with fruit and
granola 🍌 🍌 🍌 🍌
Fresh Apple
Fresh Orange 🍊



12 Fluffy Whole Grain
Pancakes 🍌
Fresh Apple
Fresh Banana 🍌

13 Mini Cinnamon Pull
Apart Roll 🍌
Apple Slices 🍓
Fresh Orange 🍊

16 Fresh Whole Wheat
Bagel 🍞
With Cream Cheese
Fresh Apple
Fresh Orange 🍊

17 WW Honey Bun 🍌
Strawberries 🍓
Blueberries

18 Bacon and Egg
Sandwich 🍌
Fresh Apple
Fresh Banana 🍌



19 Fresh Whole Wheat
Bagel 🍞
Cream Cheese
Fresh Orange 🍊
Fresh Pear

20 Whole Grain French
Toast Slices
With Syrup
Fresh Apple
Fresh Grapes

23 Homemade Muffins
Fresh Orange 🍊
Fresh Banana 🍌



24 Fruity Granola Parfait
Low fat vanilla yogurt
layered with fruit and
granola 🍌 🍌 🍌 🍌
Fresh Apple
Strawberries 🍓

25 Ham, Egg and
Cheese Sandwich 🍌
Fresh Apple
Fresh Banana 🍌



27 **SCHOOL
CLOSED
TODAY**

30 Fruity Granola Parfait
Low fat vanilla yogurt
layered with fruit and
granola 🍌 🍌 🍌 🍌
Fresh Apple
Strawberries 🍓



All students can receive one NO
COST breakfast and lunch meal
daily in school for 2026-2027 school



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

Whole grain bagel

Assorted Yogurt Parfaits

Assorted Variety Muffin

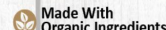
Assorted RS WG Cereals

Assorted 100% Juices

and Fruit

Breakfast meals free for 2026-

2027 school year



Breakfast includes 2 grains or
1 grain and 1 meat/meat alternative
2 fruit choices
Milk choice of 1%, lactose free, or
fat free white milk
Assorted condiments available