

Breakfast Menu

Selden Middle School

November 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 WW Honey Bun 🌱 Strawberries 🍓 Fresh Orange 🍊	3 SCHOOL CLOSED TODAY	4 Sausage, Egg and Cheese Sandwich Apple Slices 🍏 Fresh Banana 🍌 	5 Homemade Muffins 🌱 🥚 Fresh Blueberries Fresh Apple	6 Whole Grain French Toast Slices With Syrup Fresh Orange 🍊 Fresh Pear
9 Fresh Whole Wheat Bagel 🌱 With Cream Cheese Strawberries 🍓 Fresh Apple 	10 WW Honey Bun 🌱 Fresh Orange 🍊 Fresh Banana 🍌 	11 IT'S VETERANS DAY 	12 Whole Grain French Toast Slices Syrup Strawberries 🍓 Blueberries	13 Homemade Muffins 🌱 🥚 Fresh Orange 🍊 Fresh Grapes 
16 Fruity Granola Parfait 🌱 🥚 🍓 🍌 Apple Slices 🍏 Blueberries	17 Mini Confetti Pancakes Strawberries 🍓 Fresh Orange 🍊	18 Fruity Granola Parfait 🌱 🥚 🍓 🍌 Fresh Pear Fresh Banana 🍌	19 Homemade Muffins 🌱 🥚 Fresh Orange 🍊 Fresh Pear	20 Fresh Whole Wheat Bagel 🌱 Cream Cheese Mixed Fruit Fresh Orange 🍊
23 WW Honey Bun 🌱 Strawberries 🍓 Fresh Orange 🍊 	24 Fresh Whole Wheat Bagel 🌱 Cream Cheese Strawberries 🍓 Fresh Banana 🍌	25 Bacon, Egg and Cheese Breakfast Sandwich 🥚 Mixed Fruit Fresh Apple 	26 THANKSGIVING DAY 	27 SCHOOL CLOSED TODAY
30 Homemade Muffins 🌱 🥚 Strawberries 🍓 Fresh Pear	SY26-27, all students can receive one NO Cost Breakfast and Lunch Meal daily in School.			



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

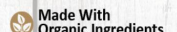
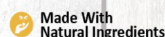
*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**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
 Yogurt Parfait
 Assorted Variety Muffins
 Assorted RS WG Cereals
 100% Juices and
 Fresh 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