

Breakfast Menu

POB JFK High School

November 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Orange Tangerine	3 Warm Cinnamon Bites Fresh Orange 100% Apple Juice	4 Homemade Muffins Fresh Pear 100% Apple Juice	5 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Juice Fruit Punch	6 Mini Cinnamon Pull Apart Roll Fresh Pear 100% Orange Tangerine
9 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Orange Tangerine	10 Avocado Toast Fresh NY Local Apple 100% Orange Tangerine	11 	12 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Juice Fruit Punch	13 Mini Cinnamon Pull Apart Roll Fresh Pear 100% Apple Juice
16 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh Orange 100% Apple Juice	17 Warm Cinnamon Bites Fresh Orange 100% Apple Juice	18 Homemade Muffins Fresh Pear 100% Apple Juice	19 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Juice Fruit Punch	20 Mini Cinnamon Pull Apart Roll Fresh Pear 100% Orange Tangerine
23 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich Fresh NY Local Apple 100% Orange Tangerine	24 Warm Cinnamon Bites Fresh Orange 100% Orange Tangerine	25 Homemade Muffins Fresh NY Local Apple 100% Orange Tangerine		SCHOOL CLOSED TODAY
30 Sausage, Egg and Cheese Sandwich Egg and Cheese Sandwich 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

ALL FREE MEALS
If you have any questions/concerns feel free to email Megan McDonnell at nortonm@whitsons.com

Available Daily: WG Bagel w/Cream Cheese or Butter, Assort. Cereal w/ Cheese Stick.

Available fruit: Apples, Oranges, Pears, Bananas. 100% Juice (Apple, Orange, Fruit punch)

Available Milk: 1% White, Fat Free White, Fat Free Chocolate.

