

# Breakfast Menu

Plainview POB Middle School

November 2026

WHITSONS FAMILY OF COMPANIES  
WWW.WHITSONS.COM

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 Egg and Cheese Sandwich <br>Or Homemade Muffins  <br>With Fresh Red Delicious Apple           | 3 Egg and Cheese Sandwich <br>Or Mini Cinnamon Pull Apart Roll  <br>With Fresh Orange           | 4 Egg and Cheese Sandwich <br>Or Mini Chocolate Chip French Toast<br>With Fresh Pear    | 5 Egg and Cheese Sandwich <br>Or Mini Blueberry Bash Waffles <br>With 100% Juice Fruit Punch             | 6 Bagel with Butter <br>Whole Grain Bagel with Cream Cheese <br>With 100% Apple Juice                                                                                                                       |
| 9 Egg and Cheese Sandwich <br>Or Homemade Muffins  <br>With Fresh Red Delicious Apple           | 10 Egg and Cheese Sandwich <br>Or Mini Cinnamon Pull Apart Roll  <br>With Fresh Orange          |                                                                                         | 12 Egg and Cheese Sandwich <br>Or Mini Blueberry Bash Waffles <br>With 100% Juice Fruit Punch            | 13 Egg and Cheese Sandwich <br>Bagel with Butter <br>Whole Grain Bagel with Cream Cheese <br>With 100% Apple Juice       |
| 16 Egg and Cheese Sandwich <br>Or Homemade Muffins  <br>With Fresh Red Delicious Apple    | 17 Egg and Cheese Sandwich <br>Or Mini Cinnamon Pull Apart Roll  <br>With Fresh Orange    | 18 Egg and Cheese Sandwich <br>Or Mini Chocolate Chip French Toast<br>With Fresh Pear   | 19 Egg and Cheese Sandwich <br>Or Mini Blueberry Bash Waffles <br>With 100% Juice Fruit Punch    | 20 Egg and Cheese Sandwich <br>Bagel with Butter <br>Whole Grain Bagel with Cream Cheese <br>With 100% Apple Juice  |
| 23 Egg and Cheese Sandwich <br>Or Homemade Muffins  <br>With Fresh Red Delicious Apple  | 24 Egg and Cheese Sandwich <br>Or Mini Cinnamon Pull Apart Roll  <br>With Fresh Orange  | 25 Egg and Cheese Sandwich <br>Or Mini Chocolate Chip French Toast<br>With Fresh Pear |                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>SCHOOL CLOSED TODAY</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 30 Egg and Cheese Sandwich <br>Or Homemade Muffins  <br>With Fresh Red Delicious Apple  |                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |



View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://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.

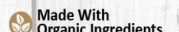
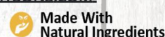


ALL MEALS ARE FREE ANY QUESTIONS AND CONCERNS CONTACT: MEGAN MCDONNELL

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AVAILABLE DAILY: EGG AND CHEESE, MINI CINI, POPTART, MINI WAFFLE, MINI FRENCH TOAST, 100% FRUIT JUICES, APPLES, ORANGES, PEARS, 1% WHITE, FAT FREE WHITE OR CHOCOLATE MILKS