

Breakfast Menu

East Windsor High School

May 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

<p>4 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> 🌱</p>	<p>5 Fluffy Whole Grain Waffles <i>warm whole grain waffles With Syrup</i></p>	<p>6 WW Honey Bun 🌱</p>	<p>7 Cinnamon Bun <i>warm gooey whole grain cinnamon bun</i> 🌱</p>	<p>1 Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌</p>
<p>11 Blueberry Muffin 🌱</p>	<p>12 Chunky Monkey Smoothie 🍌</p>	<p>13 Bacon, Egg and Cheese Breakfast Sandwich P</p>	<p>14 Apple Strudel 🌱</p>	<p>8 Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌</p>
<p>18 Egg and Cheese Sandwich <i>warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese</i> 🌱</p>	<p>19 Fluffy Whole Grain Waffles <i>warm whole grain waffles With Syrup</i></p>	<p>20 WW Honey Bun 🌱</p>	<p>21 Fluffy Whole Grain Pancakes <i>warm whole grain pancakes With Syrup</i> 🌱</p>	<p>15 Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌</p>
<p>25</p>	<p>26 Sausage, Egg and Cheese Sandwich <i>a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese</i></p>	<p>27 Whole Grain Donut 🌱</p>	<p>28 Cinnamon Bun <i>warm gooey whole grain cinnamon bun</i> 🌱</p>	<p>22 Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌</p>
<p>29 Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌</p>				



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.

100% Juice Choices:

Apple, Grape, Fruit, Orange
Tangerine

Milk Choice:

Fat Free Chocolate

Whole Grain Cereal Variety Includes:

Cocoa Puffs, Cinnamon Toast Crunch
Cocoa Puff Cereal Bar with a Cheesestick

Assorted Fresh Fruit Variety Available Daily.

APPLES, ORANGES, BANANAS, PEARS, PEACHES

