

Breakfast Menu

East Windsor Middle School

May 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday


Wednesday


Thursday


Friday

4 Egg and Cheese Sandwich
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese 

5 Fluffy Whole Grain Waffles
warm whole grain waffles With Syrup

6 WW Honey Bun 

7 Cinnamon Bun
warm gooey whole grain cinnamon bun 


8 Yogurt Breakfast Pack
yogurt served with a whole grain side and fruit 


11 Blueberry Muffin 

12 Chunky Monkey Smoothie 


13 Bacon, Egg and Cheese Breakfast Sandwich 


14 Apple Strudel 


15 Yogurt Breakfast Pack
yogurt served with a whole grain side and fruit 

18 Egg and Cheese Sandwich
warm breakfast sandwich prepared in-house and topped with fluffy eggs and melted cheese 

19 Fluffy Whole Grain Waffles
warm whole grain waffles With Syrup


20 WW Honey Bun 


21 Fluffy Whole Grain Pancakes
warm whole grain pancakes  With Syrup


22 Yogurt Breakfast Pack
yogurt served with a whole grain side and fruit 

25

26 Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese

27 Whole Grain Donut 

28 Cinnamon Bun
warm gooey whole grain cinnamon bun 

29 Yogurt Breakfast Pack
yogurt served with a whole grain side and fruit 



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

