

Breakfast Menu

East Windsor Middle School

September 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

1 WW Honey Bun 
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

2 Mini Blueberry Pancakes Syrup
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

3 Whole Grain Donut 
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

4 Cinnamon Bun 
Or Egg and Cheese Sandwich 
Or Fruity Parfait  

7

8 Fluffy Whole Grain Waffles
warm whole grain waffles
With Syrup
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

9 WW Honey Bun 
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

10 Cinnamon Bun
warm gooey whole grain cinnamon bun 
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

11 Egg and Cheese Sandwich 
Or Chocolate Chip Muffin 
Or Fruity Parfait  

14 WW Honey Bun 
Or Yogurt Breakfast Pack
yogurt served with a whole grain side and fruit 
Or Bacon, Egg and Cheese Breakfast Sandwich 

15 Mini Blueberry Pancakes
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

16 Whole Grain Donut 
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

17 Apple Strudel 
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

18 Egg and Cheese Sandwich 
Or Blueberry Muffin 
Or Fruity Parfait  

21 Chocolate Chip Muffin 
Yogurt Breakfast Pack
yogurt served with a whole grain side and fruit 
Or Bacon, Egg and Cheese Breakfast Sandwich 

22 Fluffy Whole Grain Waffles
warm whole grain waffles
With Syrup
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

23 WW Honey Bun 
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

24 Mini Cinnamon Pull Apart Roll 
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

25 Whole Grain Donut 
Or Egg and Cheese Sandwich 
Or Fruity Parfait  

28 Yogurt Breakfast Pack  
Chocolate Chip Muffin 
Or Bacon, Egg and Cheese Breakfast Sandwich 

29 Mini Blueberry Pancakes Syrup
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

30 Apple Strudel 
Or Bacon, Egg and Cheese Breakfast Sandwich 
Or Fruity Parfait  

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

 Vegetarian  1% White  Made With Natural Ingredients

Whole Grain Cereal Variety Includes:

Honey Cheerios, Cocoa Puffs, Cinnamon Toast Crunch, or Trix with a Cheese-stick

Cocoa Puff Cereal Bar with a Cheese-stick

Assorted Fresh Fruit Variety Available Daily.

APPLES, ORANGES, BANANAS, PEARS, PEACHES

 Pork

 Smart Choice

 Made With Organic Ingredients