

Breakfast Menu

East Windsor Middle School

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

5 Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> Or Apple Strudel Or Bacon, Egg and Cheese Breakfast Sandwich P	6 Fluffy Whole Grain Waffles <i>warm whole grain waffles With Syrup</i> Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	7 WW Honey Bun Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	1 Whole Grain Donut Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	2 Cinnamon Bun Or Egg and Cheese Sandwich Or Fruity Parfait
12	13 Mini Blueberry Pancakes Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	14 Whole Grain Donut Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	8 Cinnamon Bun <i>warm gooey whole grain cinnamon bun</i> Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	9 Egg and Cheese Sandwich Or Chocolate Chip Muffin Or Fruity Parfait
19 Chocolate Chip Muffin Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> Or Bacon, Egg and Cheese Breakfast Sandwich P	20 Fluffy Whole Grain Waffles <i>warm whole grain waffles With Syrup</i> Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	21 WW Honey Bun Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	15 Apple Strudel Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	16 Egg and Cheese Sandwich Or Blueberry Muffin Or Fruity Parfait
26 Yogurt Breakfast Pack Chocolate Chip Muffin Or Bacon, Egg and Cheese Breakfast Sandwich P	27 Mini Blueberry Pancakes Syrup Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	28 Apple Strudel Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	22 Mini Cinnamon Pull Apart Roll Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	23 Whole Grain Donut Or Egg and Cheese Sandwich Or Fruity Parfait
			29 Cinnamon Bun <i>warm gooey whole grain cinnamon bun</i> Or Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait	30 Mighty Pumpkin Spice Muffin Or Egg and Cheese 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

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

