

Breakfast Menu

East Windsor High School

November 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yogurt Breakfast Pack 🌱 🍌 🍎 Or Chocolate Chip Muffin 🌱 Bacon, Egg and Cheese Breakfast Sandwich P	3	4 Protein Bites 🌱 🍌 Or Apple Strudel 🌱 🍎 Bacon, Egg and Cheese Breakfast Sandwich P	5 Whole Grain Donut 🌱 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🌱 🍌	6 Cinnamon Bun 🌱 🍌 Egg and Cheese Sandwich 🌱 Or Fruity Parfait 🌱 🍌
9 Mighty Pumpkin Spice Muffin 🌱 🍌 Or Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌 Bacon, Egg and Cheese Breakfast Sandwich P	10 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> With Syrup Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🌱 🍌	11 WW Honey Bun 🌱 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🌱 🍌	12 Cinnamon Bun <i>warm gooey whole grain cinnamon bun</i> 🌱 🍌 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🌱 🍌	13 Egg and Cheese Sandwich 🌱 Or Chocolate Chip Muffin 🌱 Or Fruity Parfait 🌱 🍌
16 WW Honey Bun 🌱 Or Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌 Bacon, Egg and Cheese Breakfast Sandwich P	17 Mini Blueberry Pancakes Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🌱 🍌	18 Whole Grain Donut 🌱 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🌱 🍌	19 Protein Bites 🌱 🍌 Or Apple Strudel 🌱 🍎 Bacon, Egg and Cheese Breakfast Sandwich P	20 Blueberry Muffin 🌱 Egg and Cheese Sandwich 🌱 Or Yogurt and Nutrigrain Bar 🌱 🍌
23 Chocolate Chip Muffin 🌱 Or Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌 Bacon, Egg and Cheese Breakfast Sandwich P	24 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> With Syrup Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🌱 🍌	25	26	27
30 Yogurt Breakfast Pack 🌱 🍌 🍎 Or Chocolate Chip Muffin 🌱 Bacon, Egg and Cheese Breakfast Sandwich 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

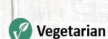
(including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity provider.

100% Juice Choices:

Apple, Grape, Fruit, Orange
Tangerine

Milk Choice:

Fat Free Chocolate



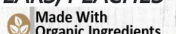
Whole Grain Cereal Variety Includes:

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



Breakfast Menu

East Windsor Middle School

November 2026

WHITSONS FAMILY OF COMPANIES
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Monday	Tuesday	Wednesday	Thursday	Friday
2 Yogurt Breakfast Pack 🍌 🍌 🍌 Or Chocolate Chip Muffin 🍌 Bacon, Egg and Cheese Breakfast Sandwich P	3	4 Protein Bites 🍌 🍌 🍌 Or Apple Strudel 🍌 Bacon, Egg and Cheese Breakfast Sandwich P	5 Whole Grain Donut 🍌 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	6 Cinnamon Bun 🍌 Egg and Cheese Sandwich 🍌 Or Fruity Parfait 🍌 🍌
9 Mighty Pumpkin Spice Muffin 🍌 🍌 Or Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌 Bacon, Egg and Cheese Breakfast Sandwich P	10 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> With Syrup Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	11 WW Honey Bun 🍌 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	12 Cinnamon Bun <i>warm gooey whole grain cinnamon bun</i> 🍌 🍌 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	13 Egg and Cheese Sandwich 🍌 Or Chocolate Chip Muffin 🍌 Or Fruity Parfait 🍌 🍌
16 WW Honey Bun 🍌 Or Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌 Bacon, Egg and Cheese Breakfast Sandwich P	17 Mini Blueberry Pancakes Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	18 Whole Grain Donut 🍌 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	19 Protein Bites 🍌 🍌 Or Apple Strudel 🍌 Bacon, Egg and Cheese Breakfast Sandwich P	20 Blueberry Muffin 🍌 Egg and Cheese Sandwich 🍌 Or Yogurt and Nutrigrain Bar 🍌 🍌
23 Chocolate Chip Muffin 🍌 Or Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit</i> 🍌 Bacon, Egg and Cheese Breakfast Sandwich P	24 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> With Syrup Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	25	26	27
30 Yogurt Breakfast Pack 🍌 🍌 🍌 Or Chocolate Chip Muffin 🍌 Bacon, Egg and Cheese Breakfast Sandwich P				



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100% Juice Choices:

Apple, Grape, Fruit, Orange
Tangerine

Milk Choice:

Fat Free Chocolate

1% White
Vegetarian 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

P Pork

Smart Choice

Made With Organic Ingredients

Breakfast Menu

Broad Brook Elementary School

November 2026

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9 Mighty Pumpkin Spice Muffin 🍌 🍌 Or Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit 🍌</i> Bacon, Egg and Cheese Breakfast Sandwich P	10 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> With Syrup Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	11 WW Honey Bun 🍌 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	12 Cinnamon Bun <i>warm gooey whole grain cinnamon bun</i> 🍌 🍌 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	13 Egg and Cheese Sandwich 🍌 Or Chocolate Chip Muffin 🍌 Or Fruity Parfait 🍌 🍌
16 WW Honey Bun 🍌 Or Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit 🍌</i> Bacon, Egg and Cheese Breakfast Sandwich P	17 Mini Blueberry Pancakes Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	18 Whole Grain Donut 🍌 Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	19 Protein Bites 🍌 🍌 🍌 Or Apple Strudel 🍌 Bacon, Egg and Cheese Breakfast Sandwich P	20 Blueberry Muffin 🍌 Egg and Cheese Sandwich 🍌 Or Yogurt and Nutrigrain Bar 🍌 🍌
23 Chocolate Chip Muffin 🍌 Or Yogurt Breakfast Pack <i>yogurt served with a whole grain side and fruit 🍌</i> Bacon, Egg and Cheese Breakfast Sandwich P	24 Fluffy Whole Grain Waffles <i>warm whole grain waffles</i> With Syrup Bacon, Egg and Cheese Breakfast Sandwich P Or Fruity Parfait 🍌 🍌	25	26	27
30 Yogurt Breakfast Pack 🍌 🍌 🍌 Or Chocolate Chip Muffin 🍌 Bacon, Egg and Cheese Breakfast Sandwich P				



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Apple, Grape, Fruit, Orange
Tangerine

Milk Choice:

Fat Free Chocolate

1% White
Vegetarian 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

P Pork

Smart Choice

Made With Organic Ingredients