

Breakfast Menu

Jack Abrams

October 2026

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

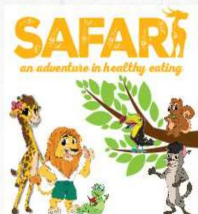
Monday

Tuesday

Wednesday

Thursday

Friday



1 WG Double Chocolate Chip Muffin 🍌 Fresh Orange 🍊

2 Egg and Cheese Sandwich 🍌 Apple Slices 🍏

5 Fluffy Whole Grain Pancakes
warm whole grain pancakes
Fresh Banana 🍌 Syrup

6 WW Honey Bun 🍌 Apple Slices 🍏

7 WW Bagel 🍌 With Cream Cheese Or Butter
Fresh NY Local Apple

8 Chocolate Chip Muffin 🍌 Fresh Orange 🍊

9 Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese
Apple Slices 🍏 (Chicken Sausage))



13 WW Honey Bun 🍌 Apple Slices 🍏

14 WGR Donut 🍌 Fresh Orange 🍊

15 WG Double Chocolate Chip Muffin 🍌 Fresh Orange 🍊

16 Egg and Cheese Sandwich 🍌 Apple Slices 🍏

19 Fluffy Whole Grain Pancakes
warm whole grain pancakes
Fresh Banana 🍌 Syrup

20 WW Honey Bun 🍌 Apple Slices 🍏

21 Strawberry Pop Tart 🍌 With Animal Crackers
Fresh Orange 🍊

22 Chocolate Chip Muffin 🍌 Fresh Blueberries

23 Bacon, Egg and Cheese Breakfast Sandwich 🍌 Apple Slices 🍏

(Turkey Bacon)

26 Fluffy Whole Grain Waffles 🍌 Syrup
Fresh Banana 🍌

27 WW Honey Bun 🍌 Fresh Green Grapes

28 WW Bagel 🍌 With Butter Or Cream Cheese
Strawberries 🍓

29 WG Double Chocolate Chip Muffin 🍌 Apple Slices 🍏



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.

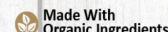
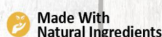
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Free Breakfast for all students

Available Daily:

All Meals served with Choice of: Apple or Orange
W.G. Bread, Protein
1% milk, Fat Free milk, juice
Assorted cereal w/string cheese or Gram Crackers
Yogurt cup w/granola
All Breads, Rolls and Muffins are Whole Grain



Breakfast Menu

Huntington Woodhull Intermediate

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday



Thursday

Friday

5 Fluffy Whole Grain Pancakes
warm whole grain pancakes
Fresh Banana 🍌
Syrup

6 WW Honey Bun 🍌
Apple Slices 🍏

7 WW Bagel 🍌
With Cream Cheese Or Butter
Fresh NY Local Apple

1 WG Double Chocolate Chip Muffin 🍌
Fresh Orange 🍊

2 Egg and Cheese Sandwich 🍌
Apple Slices 🍏



12 WW Honey Bun 🍌
Apple Slices 🍏

14 WGR Donut 🍌
Fresh Orange 🍊

8 Chocolate Chip Muffin 🍌
Fresh Orange 🍊

9 Sausage, Egg and Cheese Sandwich
a warm sandwich prepared in-house with savory sausage, fluffy eggs and melted cheese
Apple Slices 🍏
(Chicken Sausage))

19 Fluffy Whole Grain Pancakes
warm whole grain pancakes
Fresh Banana 🍌
Syrup

20 WW Honey Bun 🍌
Apple Slices 🍏

21 Strawberry Pop Tart 🍌
With Animal Crackers
Fresh Orange 🍊

15 WG Double Chocolate Chip Muffin 🍌
Fresh Orange 🍊

16 Egg and Cheese Sandwich 🍌
Apple Slices 🍏

26 Fluffy Whole Grain Waffles 🍌
Syrup
Fresh Banana 🍌

22 Chocolate Chip Muffin 🍌
Fresh Blueberries

28 WW Bagel 🍌
With Butter Or Cream Cheese
Strawberries 🍓

23 Bacon, Egg and Cheese Breakfast Sandwich 🍌
Apple Slices 🍏

(Turkey Bacon)

27 WW Honey Bun 🍌
Fresh Green Grapes



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