

# Breakfast Menu

James I. O'Neill HS

October 2023

WHITSONS CULINARY GROUP | FAMILY OF COMPANIES  
WWW.WHITSONS.COM

## Monday

2 Sausage and Cheese Sandwich  
100% Apple Juice  
Fat Free Chocolate Milk  
Whole Milk

## Tuesday

3 Maple Mini Waffles ✓  
100% Grape Juice  
1% Milk  
Fresh Banana



## Wednesday

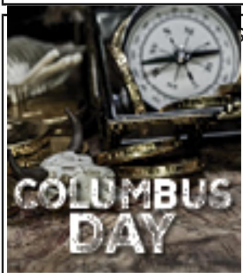
4 Egg and Cheese Sandwich ✓  
Fat Free Chocolate Milk  
100% Orange Tangerine  
Apple Slices

## Thursday

5 WG Glazed Donut ✓  
Sliced Oranges  
100% Apple Juice  
Fat Free Chocolate Milk

## Friday

6 Sausage, Egg and Cheese Sandwich  
Fresh Banana  
Fat Free Chocolate Milk  
100% Apple Juice



10 Maple Mini Waffles ✓  
Egg and Cheese Sandwich ✓

11 Sausage, Egg and Cheese Sandwich  
1% Milk  
Fat Free Milk



12 Fresh NY Local Apple  
1% Milk  
Fat Free Milk  
Mini Cinnamon Rolls ✓

13 Fresh Banana  
1% Milk  
Fat Free Milk  
Soft Filled Cinnamon Toast Crunch Bar ✓

16 1% Milk  
Fat Free Milk  
Strawberry Mini Bagel ✓  
Fresh Green Grapes  
Very Berry 100% Juice

17 Egg and Cheese Sandwich ✓  
1% Milk  
Fat Free Milk

18 Maple Mini Waffles ✓  
1% Milk  
Fat Free Milk

FUEL

19 Sausage, Egg and Cheese Sandwich  
1% Milk  
Fat Free Milk

20 1% Milk  
Fat Free Milk  
Bacon, Egg and Cheese Breakfast Sandwich P

23 Sausage, Egg and Cheese Sandwich  
1% Milk  
Fat Free Milk

24 Fluffy Whole Grain Pancakes ✓  
Turkey Sausage Patty  
Syrup  
1% Milk  
Fat Free Milk

25 Egg and Cheese Sandwich ✓  
1% Milk  
Fat Free Milk

26 Maple Mini Waffles ✓  
Fresh NY Local Apple  
1% Milk  
Fat Free Milk

27 Sausage, Egg and Cheese Sandwich  
1% Milk  
Fat Free Milk

30 Sausage, Egg and Cheese Sandwich  
1% Milk  
Fat Free Milk

31 WW Honey Bun ✓  
Sausage, Cheese S  
1% Milk  
Fat Free Milk



Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. View this menu on the mobile app, FDMealPlanner, or on the web at [www.FDMealPlanner.com](http://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.

\*\*\*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.

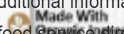
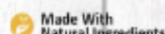
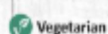
## Breakfast Prices

Regular: \$2.00

Reduced: \$0.00

## Available Daily

Assorted WG Cereal ~ Cereal Bars ~ Muffins~  
Bagels ~ Egg Sandwiches ~ turkey sausage sandwiches- Milk and  
Fruit / Fruit Juices.  
String Cheese ~ Graham Cracker ~ Yogurt



If you have any questions or would like additional information regarding this menu please contact your food service director Marilyn Digregorio at 845-895-7192