

Breakfast Menu

East Windsor Public Schools

January 2025

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

Monday

Tuesday

Wednesday

Thursday

Friday



6 Egg and Cheese Sandwich Unflavored 1% Milk

7 Blueberry Muffin Unflavored 1% Milk 100% Apple Juice 100% Orange Tangerine 100% Juice Fruit Punch

8 Apple Cinnamon Smoothie WG Honey Graham Crackers Unflavored 1% Milk

2 Bacon, Egg and Cheese Wrap Unflavored 1% Milk 100% Juice Fruit Punch 100% Apple Juice 100% Orange Tangerine

3 Non Fat Strawberry Greek Yogurt WG Honey Graham Crackers Unflavored 1% Milk

13 Banana Muffin Unflavored 1% Milk

14 Chunky Monkey Smoothie Unflavored 1% Milk 100% Apple Juice 100% Orange Tangerine 100% Juice Fruit Punch

15 Egg and Cheese Sandwich Unflavored 1% Milk

16 WW Honey Bun Unflavored 1% Milk 100% Juice Fruit Punch 100% Apple Juice 100% Orange Tangerine

17 Sausage, Egg & Cheese Burrito* Unflavored 1% Milk



21 WG Cherry Muffin Unflavored 1% Milk 100% Apple Juice 100% Orange Tangerine 100% Juice Fruit Punch

22 Fluffy Whole Grain Waffles Unflavored 1% Milk

23 Non Fat Strawberry Greek Yogurt WG Honey Graham Crackers Unflavored 1% Milk 100% Juice Fruit Punch 100% Apple Juice 100% Orange

24 Chocolate Banana Oatmeal Unflavored 1% Milk

27 Chocolate Chip Muffin Unflavored 1% Milk

28 Sausage, Egg & Cheese Burrito* Unflavored 1% Milk 100% Apple Juice 100% Orange Tangerine 100% Juice Fruit Punch

Professional Development
No School!

30 Apple Strudel Unflavored 1% Milk 100% Juice Fruit Punch 100% Apple Juice 100% Orange Tangerine

31 Maple Mini Waffles Unflavored 1% Milk

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.

***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.

Fresh fruit variety available daily,

Variety includes:

Fresh Apples, Fresh Oranges, Bananas, Fresh Pears, and other seasonal fruits.

Whole Grain Cereal Variety Includes:

Cocoa Puffs, Trix, Cinnamon Toast Crunch, Golden Grahams, Cheerios

