

Breakfast Menu

CASTLETON ELEMENTARY

January 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday



Tuesday



Wednesday

Thursday

Friday



5 Whole Grain Bagel with Cream Cheese 100% Apple Juice Sliced Oranges

6 Chocolate Chip Muffin 100% Apple Juice Sliced Oranges
K

7 Cocoa Puffs Cereal Bar Orange 100% Juice Sliced Apples

8 Apple Cinnamon Cheerios Cereal Graham Crackers 100% Apple Juice Sliced Oranges
K

9 Strawberry Pop Tart Graham Crackers Orange 100% Juice Sliced Apples

12 Whole Grain Bagel with Cream Cheese 100% Apple Juice Sliced Oranges

13 Blueberry Muffin Orange 100% Juice Sliced Apples

14 Cocoa Puffs Cereal Bar Orange 100% Juice Sliced Apples

15 Golden Grahams Cereal Graham Crackers Orange 100% Juice Sliced Apples

16 Brown Sugar Cinnamon Pop Tart Graham Crackers 100% Apple Juice Sliced Oranges

MARTIN LUTHER KING JR. DAY

20 Chocolate Chip Muffin 100% Apple Juice Sliced Oranges
K

21 Cocoa Puffs Cereal Bar Orange 100% Juice Sliced Apples

22 Red. Sugar Cocoa Puffs Cereal Graham Crackers 100% Apple Juice Sliced Oranges

23 Graham Crackers Strawberry Pop Tart Orange 100% Juice Sliced Apples

26 Whole Grain Bagel with Cream Cheese 100% Apple Juice Sliced Oranges

27 Blueberry Muffin Orange 100% Juice Sliced Apples

28 Cocoa Puffs Cereal Bar Orange 100% Juice Sliced Apples

29 Golden Grahams Cereal Graham Crackers Orange 100% Juice Sliced Apples

30 Brown Sugar Cinnamon Pop Tart Graham Crackers 100% Apple Juice Sliced Oranges

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.

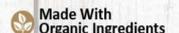
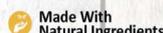
Assorted Fruits and 100% Juice included with all meals

Student Breakfast \$0.00
Adult Breakfast \$2.71+tax
For more information
Tom McNay 518-732-4269

Alternate Choices upon Request

Assorted Cereals, Pop Tarts and Cereal Bars all are offered w/cheese string, graham cracker, or yogurt. Variety of warm muffins. All served with fat free Chocolate or low fat milk, assorted juices and fresh fruits. K = Kosher and is available everyday

All Grains are whole grains or whole wheat



Lunch Menu

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WHITSONS FAMILY OF COMPANIES
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Monday



- 5 Pasta with Meat Beef Sauce 🍴
- Dinner Rolls
- Crispy Chicken Sandwich
- Steamed Peas
- Apple Slices

Tuesday

A Smoothie is a complete meal with a half cup of fruit, half cup of dairy and Whole Grain graham crackers.

- 6 Walking Taco 🍴
- Turkey Taco Filling
- Salsa
- Black Beans
- Romaine Lettuce
- OR Strawberry Smoothie ✓
- Pineapple Cup

Wednesday



- 7 Grilled Cheese Sandwich ✓
- Cinnamon French Toast ✓
- Turkey Sausage Patty
- Crispy Potato Puffs
- Steamed Carrots
- Diced Peaches

BRUNCH FOR LUNCH TODAY!

Thursday



Friday

- 9 Classic Cheese Pizza whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese ✓
- Baby Carrots
- Fresh Banana

- 12 Beef Goulash 🍴
- Crispy Chicken Sandwich
- Buttered Corn
- Applesauce



- 13 Walking Taco 🍴
- Turkey Taco Filling
- Salsa
- Black Beans
- Romaine Lettuce
- Pineapple

- 14 Grilled Cheese Sandwich ✓
- Cinnamon French Toast ✓
- Turkey Sausage Patty
- Crispy Potato Puffs
- Steamed Peas
- Diced Peaches

BRUNCH FOR LUNCH TODAY!

- 15 Roasted Turkey with Gravy
- Corn Bread Stuffing
- Beef Hot Dog on Bun
- Cucumber Coins
- Sliced Oranges

- 16 Cheesy Stuffed Bread Sticks baked bread sticks filled with melted cheese ✓
- Marinara Sauce
- Celery
- Diced Pear Cup



- 20 Walking Taco 🍴
- Turkey Taco Filling
- Salsa
- Black Beans
- Romaine Lettuce
- OR Strawberry Smoothie ✓
- Carrot Dippers
- Pineapple

- 21 Cinnamon French Toast ✓
- Turkey Sausage Patty
- Grilled Cheese Sandwich Meltdown
- Café ✓
- Green Beans
- Diced Peaches

BRUNCH FOR LUNCH TODAY!

- 22 Beef Hot Dog on Bun
- Beef Cheeseburger
- Chilled Red Pepper Strips
- Baked Beans
- Sliced Oranges



- 23 Classic Cheese Pizza whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese ✓
- Side Salad
- Fresh Banana

- 26 Beef Goulash 🍴
- Crispy Chicken Sandwich
- Buttered Corn
- Strawberry Cup



- 27 Walking Taco 🍴
- Turkey Taco Filling
- Salsa
- Black Beans
- Romaine Lettuce
- Pineapple

- 28 Cinnamon French Toast ✓
- Turkey Sausage Patty
- Grilled Cheese Sandwich Meltdown
- Café ✓
- Green Beans
- Diced Peaches

BRUNCH FOR LUNCH TODAY!

- 29 Roasted Turkey with Gravy
- Corn Bread Stuffing
- Beef Hot Dog on Bun
- Cucumber Coins
- Sliced Oranges

- 30 Cheesy Stuffed Bread Sticks baked bread sticks filled with melted cheese ✓
- Marinara Sauce
- Celery
- Diced Pear Cup

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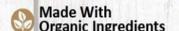
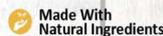
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Prices

Lunch is Free for all Students
Milk \$0.50 Adult \$5.02+tax
Variety of Fruit and Vegetables.
Fruit Cups, Apples, Oranges and Bananas
All Grains are WG
1% White Milk or FF Chocolate
Included with all meals



Lunch Daily Offerings:

Romaine Side Salad W/ Dressing, Fruit, Hot Vegetables of the day
Grab and Go Sandwiches- Turkey and Cheese, PB&J,
Cheese Sandwiches all on WG Breads.
Bagel Meal with Cheese Stick and Yogurt. **K = KOSHER, available every day. Muffin Meal Lunch includes Yogurt and Cheese Stick**
Garden Salad with Cheese, (offered with WG Rolls). Food Service phone
Tom McNay 518.732.4269