

Breakfast Menu

Schodack HS

January 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



5 Ham, Egg and Cheese Sandwich **P**
Sliced Apples
Orange 100% Juice

6 Mini Blueberry Pancakes
Fresh Orange
100% Apple Juice

7 Strawberry Mini Bagel **V**
Sliced Apples
Orange 100% Juice

8 Cinnamon Bun Sticks **V**
Fresh Orange
100% Apple Juice

9 Bacon, Egg and Cheese Breakfast Sandwich
Sliced Apples
Orange 100% Juice

12 Egg and Cheese Sandwich **V**
Fresh Orange
100% Apple Juice

13 Bacon, Egg and Cheese Breakfast Sandwich
Sliced Apples
100% Orange
Tangerine

14 Whole Grain French Toast Slices **V**
Fresh Orange
100% Apple Juice

15 Mini Blueberry Pancakes
Sliced Apples
100% Orange
Tangerine
Ham, Turkey & Cheese on a Pancake with syrup

16 Bacon, Egg and Cheese Breakfast Sandwich
Fresh Orange
100% Apple Juice



20 Fluffy Whole Grain Waffles **V**
Fresh Orange
100% Apple Juice

21 Ham, Egg and Cheese Sandwich **P**
Sliced Apples
Orange 100% Juice

22 Cinnamon Bun Sticks **V**
Fresh Orange
100% Apple Juice

23 Bacon, Egg and Cheese Breakfast Sandwich
Sliced Apples
Orange 100% Juice

26 Ham, Egg and Cheese Sandwich **P**
Sliced Apples
Orange 100% Juice

27 Bacon, Egg and Cheese Breakfast Sandwich
Sliced Apples
Orange 100% Juice

28 Strawberry Mini Bagel **V**
Sliced Apples
Orange 100% Juice

29 Mini Blueberry Pancakes
Sliced Apples
100% Orange
Tangerine

30 Whole Grain French Toast Slices **V**
Fresh Orange
100% Apple Juice

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.

Breakfast Prices

Students \$0.00
Adult \$2.71+tax
518-732-4269

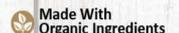
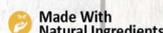
For more information
100% Juice served every day

Available Daily

Assorted WG Cereal ~ Cereal Bars ~ Muffins~ Bagels ~ Egg Sandwiches ~ Milk and Fruit / Fruit Juices, String Cheese ~ Graham Cracker ~ Yogurt All grains are whole grains or whole wheat, Fat Free Chocolate Milk and 1% White Milk

Meats Served Turkey Sausage, Pork Bacon, Pork Ham

If you have any questions or would like additional information regarding this menu please contact your food service director Tom McNay 518.732.4269



Lunch Menu

Schodack HS

January 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



5 Wing Shack Honey BBQ Chicken Wings
Crispy Potato Puffs
Roasted Butternut Squash
Diced Peaches

6 Spicy Beef 🍖
Nachos Grande 🍌
Black Beans
Chilled Red Pepper Strips
Diced Pear Cup

BRUNCH FOR LUNCH TODAY!

7 General Tso's Chicken 🍗
Brown Rice
Cinnamon French Toast 🍞
Sausage Patty
Green Beans
Pineapple Cup

BRUNCH FOR LUNCH TODAY!

8 Beef Goulash 🍖
Cheeseburger
Oven Baked Fries
Steamed Carrots
Applesauce

Shout out to your Cafeteria Advisory Committee.

9 Grilled Cheese Sandwich 🍞
P Beef Hot Dog on Bun
Pepperoni Pizza P
Cheese Pizza 🍕
Side Salad
Steamed Broccoli
Fresh Banana

12 Grilled Cheese Sandwich 🍞
Tomato Soup
Crispy Potato Puffs
Side Salad
Steamed Peas
Mixed Fruit

13 Spicy Beef 🍖
Walking Taco
Black Beans
Grape Tomatoes
Salsa
Cucumber Coins
Pineapple Cup

BRUNCH FOR LUNCH TODAY!

14 Incredibowls General Tso's Chicken 🍗
Cinnamon French Toast 🍞
Sausage Patty
Diced Peaches

BRUNCH FOR LUNCH TODAY!

15 Chicken Bowl with Gravy 🍗
Cheeseburger
Applesauce

16 Grilled Cheese Sandwich 🍞
P Beef Hot Dog on Bun
Pepperoni Pizza P
Cheese Pizza 🍕
Steamed Zucchini
Diced Pear Cup

This menu item was recommended by your Cafeteria Advisory Committee.

20 Spicy Beef 🍖
Nachos Grande 🍌
Black Beans
Grape Tomatoes
Salsa
Mixed Fruit
Chilled Red Pepper Strips

BRUNCH FOR LUNCH TODAY!

21 Incredibowls General Tso's Chicken 🍗
Cinnamon French Toast 🍞
Sausage Patty
Crispy Potato Puffs
Mixed Fruit

BRUNCH FOR LUNCH TODAY!

22 Yard Bird Classic Chicken Sandwich
Oven Baked Fries
Applesauce

23 Grilled Cheese Sandwich 🍞
P Beef Hot Dog on Bun
Cheese Pizza 🍕
Pepperoni Pizza P
Broccoli Florets
Side Salad
Strawberry Cup

26 Grilled Cheese Sandwich 🍞
Tomato Soup
Crispy Potato Puffs
Side Salad
Steamed Broccoli
Mixed Fruit

27 Spicy Beef 🍖
Walking Taco
Black Beans
Grape Tomatoes
Salsa
Cucumber Coins
Diced Peaches

BRUNCH FOR LUNCH TODAY!

28 General Tso's Chicken 🍗
Brown Rice
Cinnamon French Toast 🍞
Sausage Patty
Green Beans
Pineapple Cup

BRUNCH FOR LUNCH TODAY!

29 Chicken Bowl with Gravy 🍗
Cheeseburger
Applesauce

30 Grilled Cheese Sandwich 🍞
Beef Hot Dog on Bun
Pepperoni Pizza P
Cheese Pizza 🍕
Side Salad
Steamed Broccoli
Fresh Banana

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Student price \$0.00
Adult price \$5.02+tax
Choice of
1% White Milk or
Fat Free Chocolate Milk

Food service phone Tom
McNay 518.732.4269

Daily Lunch Offerings:

Side Salad, Variety Of Pizza (Meat and Vegetable)

Grab and Go Sandwiches - Turkey / P Ham / Buffalo Chicken with or without Cheese on WG Breads, and PBJ's All Sausage is Chicken. All

Burgers are Beef All Buns are WG

Entree Salads: Chicken Salads, Chef Salads Garden Salads with Cheese (all served with WG Roll) A Variety of Fresh Fruits & Vegetables available Daily.

Grains are whole grains or Whole wheat. Apples, Oranges and

Bananas. Yogurt Parfaits with Fruit and Granola.

