

Breakfast Menu

CASTLETON ELEMENTARY

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

October 2026

Monday



Tuesday

Wednesday

Thursday

Friday

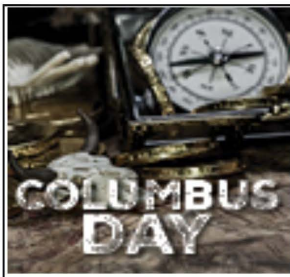
5 Whole Grain Bagel with Cream Cheese
Sliced Oranges
100% Apple Juice

6 Chocolate Chip Muffin
Sliced Oranges
K 100% Apple Juice

7 Cocoa Puffs Cereal Bar
Orange 100% Juice
Sliced Apples

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

9 Brown Sugar Cinnamon Pop Tart
Graham Crackers
Orange 100% Juice
Sliced Apples



13 Blueberry Muffin
Orange 100% Juice
Sliced Apples

14 Cocoa Puffs Cereal Bar
Orange 100% Juice
Sliced Apples

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

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

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

20 Chocolate Chip Muffin
Sliced Oranges
100% Apple Juice

21 Cocoa Puffs Cereal Bar
Orange 100% Juice
Sliced Apples

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

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

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

27 Blueberry Muffin
Orange 100% Juice
Sliced Apples

28 Cocoa Puffs Cereal Bar
Orange 100% Juice
Sliced Apples

29 Cheerios Honey Cereal
Graham Crackers
Sliced Oranges
100% Apple Juice

30 Brown Sugar Cinnamon Pop Tart
Graham Crackers
Sliced Oranges
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.

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

