

Breakfast Menu

Schodack HS

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday

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

6 Mini Blueberry Pancakes Fresh Orange  100% Apple Juice 

7 Strawberry Mini Bagel   Sliced Apples  Orange 100% Juice 

1 Mini Blueberry Pancakes Sliced Apples  Orange 100% Juice 

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



13 Spicy Country Breakfast Bowl   Sliced Apples  Orange 100% Juice 



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

15 Mini Blueberry Pancakes Sliced Apples  Orange 100% Juice 

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

19 Ham, Egg and Cheese Sandwich  Sliced Apples  Orange 100% Juice 

20 Fluffy Whole Grain Waffles  Fresh Orange  100% Apple Juice 

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

22 Cinnamon Bun Sticks   Fresh Orange  100% Apple Juice 

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

26 Sausage, Egg and Cheese Sandwich Sliced Apples  Orange 100% Juice 

27 Spicy Country Breakfast Bowl   Sliced Apples  Orange 100% Juice 



28 Strawberry Mini Bagel   Sliced Apples  Orange 100% Juice 

29 Mini Blueberry Pancakes Sliced Apples  Orange 100% Juice 

30 Bacon, Egg and Cheese Breakfast Sandwich  Fresh Orange  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.

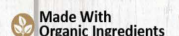
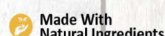
Breakfast Prices

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