

Breakfast Menu

Hinsdale High School (9-12)

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



5 WG Donut
Sausage, Egg and Cheese Sandwich
Cream Cheese
Reduced Sugar Trix

Red. Sugar
Cinnamon Toast Crunch Cereal

6 Chocolate Chip Breakfast Round

Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix

7 Mini Cinnamon Pull Apart Roll
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

1 Banana Bread Sliced
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Golden Grahams Cereal
WG Honey Bear

2 Whole Grain French Toast Slices
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

12
COLUMBUS DAY

13 Chocolate Chip Breakfast Round

Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix

14 Mini Blueberry Pancakes
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

15 Banana Bread Sliced
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

16 Whole Grain French Toast Slices
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

19 Whole Grain Donut
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast Crunch Cereal
Reduced Sugar Trix

20 Chocolate Chip Breakfast Round

Sausage, Egg and Cheese Sandwich
Cinnamon Toast Crunch Cereal
Reduced Sugar Trix

21 Mini Cinnamon Pull Apart Roll
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast Crunch Cereal
Reduced Sugar Trix

22 Ham & Cheese Bagel Melt
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast Crunch Cereal
Reduced Sugar Trix

23 Whole Grain French Toast Slices
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast Crunch Cereal
Reduced Sugar Trix

26 Cinnamon Bun
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast Crunch Cereal
Reduced Sugar Trix

27 Chocolate Chip Breakfast Round

Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast Crunch Cereal

28 Mini Blueberry Pancakes
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

29 Banana Bread Sliced
WW Bagel
Cream Cheese Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

30 Whole Grain French Toast Slices
WW Bagel
Cream Cheese Sausage, Egg and Cheese Sandwich
Red. Sugar
Cinnamon Toast Crunch Cereal

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.

Available Daily

Fresh, Canned or Dry Fruit

100% Fruit Juice (Tuesday & Thursday Only)

1% White Milk, Skim White or Fat Free Chocolate

Student Breakfast \$1.75

Student Reduced \$0.00

Student Lunch (k-5) \$2.85 Student Lunch (6-12) \$3.35

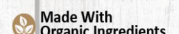
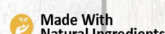
Student Reduced \$0.40

Adult Breakfast \$2.00

Adult Lunch \$4.75

Milk \$0.60 Questions, Contact Kelly Wojcik

wojcikk@whitsons.com



Breakfast Menu

Hinsdale Middle School (6-8)

October 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



5 WG Donut
Sausage, Egg and Cheese Sandwich
Cream Cheese
Reduced Sugar Trix

Red. Sugar
Cinnamon Toast
Crunch Cereal

6 Chocolate Chip Breakfast Round

Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix

7 Mini Cinnamon Pull Apart Roll
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

1 Banana Bread Sliced
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Golden Grahams
Cereal
WG Honey Bear

2 Whole Grain French Toast Slices
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

12
COLUMBUS DAY

13 Chocolate Chip Breakfast Round

Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix

14 Mini Blueberry Pancakes
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

15 Banana Bread Sliced
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

16 Whole Grain French Toast Slices
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

19 Whole Grain Donut
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast
Crunch Cereal
Reduced Sugar Trix

20 Chocolate Chip Breakfast Round

Sausage, Egg and Cheese Sandwich
Cinnamon Toast
Crunch Cereal
Reduced Sugar Trix

21 Mini Cinnamon Pull Apart Roll
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast
Crunch Cereal
Reduced Sugar Trix

22 Ham & Cheese Bagel Melt
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast
Crunch Cereal
Reduced Sugar Trix

23 Whole Grain French Toast Slices
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast
Crunch Cereal
Reduced Sugar Trix

26 Cinnamon Bun
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast
Crunch Cereal
Reduced Sugar Trix

27 Chocolate Chip Breakfast Round

Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Cinnamon Toast
Crunch Cereal

28 Mini Blueberry Pancakes
Whole Grain Bagel with Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

29 Banana Bread Sliced
WW Bagel
Cream Cheese
Sausage, Egg and Cheese Sandwich
Reduced Sugar Trix
Red. Sugar

30 Whole Grain French Toast Slices
WW Bagel
Cream Cheese
Sausage, Egg and Cheese Sandwich
Red. Sugar
Cinnamon Toast
Crunch Cereal

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