Breakfast Menu

Essex Canaan High School — November 2026

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Rounds Sausage and Cheese Sandwich WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal	**3** Scrambled Eggs with Cheese Sautéed Potatoes, Peppers & Onions	**4** Breakfast Pizza WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix	**5** Sausage and Egg Sandwich WW Bagel	**6** Homemade French Toast Maple Syrup WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix
9 WGR Donut WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix	**10** Whole Grain Pancakes with Sausage Maple Syrup WW Bagel		**12** Breakfast Rounds Light Mozzarella Cheese Stick Sausage and Cheese Sandwich WW Bagel Cream Cheese Red. Sugar	**13** Sausage, Egg and Cheese Sandwich Sausage and Cheese Sandwich WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal
16 Whole Grain Waffles with Ham Maple Syrup WW Bagel Cream Cheese	**17** Sausage and Egg Sandwich WW Bagel Cream Cheese	**18** WGR Donut Ham & Cheese Croissant Melt WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix	**19** Homemade Muffins Bacon and Egg Sandwich	**20** Homemade Muffins Light Mozzarella Cheese Stick WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal
23 Breakfast Rounds Sausage and Cheese Sandwich WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal	**24** Pancake, Egg and Cheese Breakfast Sandwich WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix	SCHOOL CLOSED TODAY		SCHOOL CLOSED TODAY
30 Sausage and Cheese Sandwich WW Bagel Cream Cheese 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.

100% Fruit Juice (Tuesday & Thursday only),

Fresh, Dried, or Canned Fruit

Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals

Meals Are Free To All Students

Second meal pricing for students

Breakfast: Students and Adults: $3.25

Lunch: Students $5.25 and Adults: $5.40

Vegetarian · Made With Natural Ingredients · Pork · Smart Choice · Made With Organic Ingredients

Breakfast Menu

Essex Canaan Elementary School — November 2026

WHITSONS FAMILY OF COMPANIES
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Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Rounds Sausage and Cheese Sandwich WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal	3 Scrambled Eggs with Cheese Sautéed Potatoes, Peppers & Onions	4 Breakfast Pizza WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix	5 Sausage and Egg Sandwich WW Bagel	6 Homemade French Toast Maple Syrup WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix
9 WGR Donut WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix	10 Whole Grain Pancakes with Sausage Maple Syrup WW Bagel		12 Breakfast Rounds Light Mozzarella Cheese Stick Sausage and Cheese Sandwich WW Bagel Cream Cheese Red. Sugar	13 Sausage, Egg and Cheese Sandwich Sausage and Cheese Sandwich WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal
16 Whole Grain Waffles with Ham Maple Syrup WW Bagel Cream Cheese	17 Sausage and Egg Sandwich WW Bagel Cream Cheese	18 WGR Donut Ham & Cheese Croissant Melt WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix	19 Homemade Muffins Bacon and Egg Sandwich	20 Homemade Muffins Light Mozzarella Cheese Stick WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal
23 Breakfast Rounds Sausage and Cheese Sandwich WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal	24 Pancake, Egg and Cheese Breakfast Sandwich WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix	SCHOOL CLOSED TODAY		SCHOOL CLOSED TODAY
30 Sausage and Cheese Sandwich WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal				



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