

Breakfast Menu

Springhurst Elementary

September 2025

WHITSONS FAMILY OF COMPANIES

WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



1 Homemade Waffles
Crispy Turkey
Sausage Links
Sliced Apples
Orange Juice
100% Apple Juice

3 Whole Grain French
Toast Slices
Fresh Banana
100% Juice Fruit
Punch

4 Homemade Waffles
Scrambled Eggs
Plums
100% Apple Juice

5 Apple Strudel
Sliced Oranges
Orange 100% Juice

8 Whole Grain
Pancakes with
Sausage
Orange Juice

9 Homemade Waffles
Crispy Turkey
Sausage Links
Pineapple
100% Apple Juice

10 WG Donut
Crispy Potato Puffs
Fresh Banana
100% Juice Fruit
Punch

11 Homemade Waffles
Scrambled Eggs with
Cheese
Fresh Strawberries
100% Apple Juice

12 Bagel Melt
Fresh Pear
Orange 100% Juice

15 Whole Grain French
Toast Slices
Fresh Peach
Orange Juice

16 Homemade Waffles
Crispy Turkey
Sausage Links
Fresh Banana
100% Apple Juice

17 Apple Strudel
Sliced Oranges
100% Juice Fruit
Punch

18 Homemade Waffles
Sausage Patty
Scrambled Eggs
Fresh Strawberries
100% Apple Juice

19 WW Honey Bun
Pineapple
Orange 100% Juice

22 Cinnamon Bun
Fresh Orange
Orange Juice

23

24

25 Homemade Waffles
Scrambled Eggs with
Cheese
Fresh Blueberries
100% Apple Juice

26 Whole Grain
Pancakes with Ham
Pineapple
Orange 100% Juice

29 WG Donut
Turkey Bacon
Orange Juice
Fresh Banana

30 Homemade Waffles
Fresh Blueberries
Crispy Turkey
Sausage Links
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.

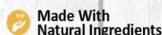
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DAILY BREAKFAST OPTIONS

BREAKFAST BARS, ASSORTED
MUFFINS, YOGURT PARFAITS

FRESH NY BAGELS

MTO BREAKFAST
SANDWICHES



Any questions or concerns please email the
FSD massiahj@dfsd.org

WG REDUCED SUGAR CEREALS

FRESH FRUIT 1% OR FF CHO. MILK , 100% FRUIT JUICE

PAID BREAKFAST PRICE: FREE

SECOND BREAKFAST \$1.25

ADULT PRICES: 3.00 PRICES ARE TENTATIVE TO CHANGE

Lunch Menu

Springhurst Elementary

September
2025

WHITSON'S FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday


1



Tuesday

2

Nachos Grande 🍌
Fiesta Corn
Seasoned Pinto Beans
Watermelon Slices
Pineapple
Turkey Taco Meat
Cheese Sauce,
Nacho Chips



Wednesday

3

Baked Chicken Tenders
Whole Wheat Dinner Roll
Oven Baked Fries
Garden Salad
Fresh Pear
Fresh Peaches

Thursday

4

Homemade Pasta & Meatballs 🍌
Steamed Broccoli
Steamed Carrots
Plums
Fresh Orange

Friday

5

Classic Cheese Pizza 🍌
Pepperoni Pizza P
Caesar Salad
Cherry Tomatoes
Apple Slices
Strawberries

8

Homemade Mac & Cheese 🍌
Steamed Broccoli
Roasted Butternut Squash
Fresh Blueberries
Plums

9

Crispy Tacos
Brown Rice
Buttered Corn
Seasoned Pinto Beans
Cinnamon Applesauce
Pineapple

10

Cheesy Stuffed Bread Sticks 🍌
Sweet Potato Fries
Chickpea Salad
Fresh Pear
Fresh Grapes

11

Wing Shack Chicken Wings
Whole Grain Biscuit
Oven Baked Fries
Sauteed Zucchini
Apple Slices
Fresh Orange

12

Classic Cheese Pizza 🍌
Pepperoni Pizza P
Garden Salad
Cherry Tomatoes
Pineapple
Plums



15

Cheese Quesadilla 🍌
Sweet Corn
Confetti Black Bean Salad
Pineapple
Sliced Oranges

16

Chicken and Waffles
Sweet Potato Fries
Glazed Carrots
Fresh Pear
Fresh Grapes

17

Cheeseburger Or Homemade Beef Burger 🍌
Oven Baked Fries
Side Garden Salad
Watermelon Slices
Fresh Strawberries

18


Homemade Chicken & Broccoli Alfredo 🍌
Steamed Carrots
Sliced Oranges
HONEY DEW

19

Classic Cheese Pizza 🍌
Pepperoni Pizza P
Garden Salad
Carrot Sticks
Apple Slices
Fresh Pear

22

Cinnamon French Toast 🍌
Sausage Patty
Sweet Potato Fries
Hash Brown Potatoes
Fresh Orange
Applesauce



23

24

25

Homemade Pasta & Meatballs 🍌
Green Beans
Spinach Salad
Fresh Orange
Watermelon Slices

26

Classic Cheese Pizza 🍌
Pepperoni Pizza P
Garden Salad
Cucumber Topping
Fresh Pear
CANTALOUPE

29

Homemade Baked Pasta with Cheese 🍌
Mixed Vegetables
Green Beans
Pineapple
Fresh Banana

30

Soft Tacos 🍌
Buttered Corn
Seasoned Pinto Beans
Fresh Red Delicious Apple

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AVAILABLE DAILY

DELI BAR, YOGURT MEAL SALAD BAR
CARROT, CELERY AND SIDE GARDEN
SALAD

ANY QUESTIONS CONTACT THE FSD
MASSIAHJ@DFSD.ORG

ALL MEALS ARE SERVED WITH A CHOICE OF

FRUIT, VEGETABLE, 1% OR FF CHOC. MILK &lients

100% FRUIT JUICE

PRICES: STUDENTS: 1ST MEAL FREE, 2ND MEALS \$2.75, ADULT: \$5.44

ADULT PRICES ARE TENTATIVE TO CHANGE

SECOND OPTION : Monday: Grilled Cheese

Tuesday: Cheese Quesadilla

Wednesday: Muffin, Yogurt & Cheese Stick

P Pork

Thursday: Corn Dogs

Made With Organic Ingredients

Friday: Bagel, Cheese Stick & Yogurt

HARVEST