

Breakfast Menu

Dobbs Ferry Middle/High School

October 2025

WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Monday

Tuesday

Wednesday

Thursday

Friday



1 Homemade Pancakes 🌱 🍌
Crispy Turkey Sausage Links
Fresh Banana
100% Juice Fruit Punch

2 **SCHOOL CLOSED TODAY**

3 Apple Strudel 🌱
Fresh Peaches
Fresh Fruit Cup
100% Juice Fruit Punch

6 Whole Grain French Toast Slices 🌱
Fresh Banana
100% Apple Juice

7 Homemade Waffles 🌱 🍌
Crispy Potato Puffs
Fresh NY Local Apple
100% Orange Tangerine



8 WW Honey Bun 🌱
100% Juice Fruit Punch

9 Homemade Waffles 🌱 🍌
Turkey Bacon
Roasted Potatoes
Fresh Strawberries
Fresh Fruit Cup
100% Apple Juice

10 Scrambled Eggs 🌱
Whole Grain Biscuit
Roasted Potatoes
100% Juice Fruit Punch



13 **SCHOOL CLOSED TODAY**

14 Homemade Waffles 🌱 🍌
Crispy Turkey Sausage Links
Fresh Strawberries
100% Orange Tangerine

15 Homemade French Toast 🌱 🍌
Crispy Potato Puffs
Fresh Banana
100% Juice Fruit Punch

16 Homemade Waffles 🌱 🍌
Scrambled Eggs 🌱
Fresh Fruit Cup
100% Apple Juice

17 Mini Cinnamon Pull Apart Roll 🌱
Fresh NY Local Apple
100% Juice Fruit Punch

20 **SCHOOL CLOSED TODAY**

21 WG Donut 🌱
Fresh Blueberries
100% Juice Fruit Punch



22 Whole Grain Biscuit
Crispy Chicken Patty
Crispy Potato Puffs
Sliced Oranges
100% Apple Juice

23 Homemade Waffles 🌱 🍌
Turkey Bacon
Roasted Potatoes
Fresh Strawberries
100% Apple Juice
Fresh Fruit Cup

24 Bagel Melt 🌱
Fresh NY Local Apple
100% Juice Fruit Punch



27 Mini Cinnamon Pull Apart Roll 🌱
Sliced Oranges
100% Juice Fruit Punch

28 Homemade Waffles 🌱 🍌
Crispy Potato Puffs
Fresh NY Local Apple
100% Orange Tangerine

29 Apple Strudel 🌱
Fresh Peaches
Fresh Fruit Cup
100% Juice Fruit Punch

30 Homemade Waffles 🌱 🍌
Scrambled Eggs 🌱
Fresh Fruit Cup
100% Apple Juice

31 Ham & Cheese Bagel Melt 🌱
Fresh Strawberries
100% Juice Fruit Punch

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.

***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.

DAILY BREAKFAST OPTIONS

TUESDAYS AND THURSDAYS HOME
MADE WAFFLES

ASSORTED WHOLE GRAIN MUFFINS

FRESH NY BAKED BAGELS

WG REDUCED SUGAR CEREALS

Vegetarian Made With
ANY QUESTIONS CONTACT THE FSD

MASSIAH@FSD.ORG

PAID BREAKFAST PRICE: FREE 2ND BREAKFAST \$1.25 ADULT:
3.25 PLUS TAX

ADULT PRICES ARE TENTATIVE TO CHANGE

MADE TO ORDER BREAKFAST SANDWICHES

FRUIT SMOOTHIES , YOGURT PARFAITS W/ GRANOLA

ALL BREAKFAST MEALS ARE SERVED WITH A FRESH FRUIT & FRUIT
JUICE

Lunch Menu

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October 2025

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Monday

Tuesday

Wednesday

Thursday

Friday



**SCHOOL
CLOSED
TODAY**



**GROUND
BEEF**

HARVEST

6 Homemade Baked Pasta with Cheese 🥗
Garden Salad
Fresh Red Delicious Apple
Fresh Fruit Cup
Sauteed Zucchini

7 Smokehouse Burger 🍔
Oven Baked Fries
Caesar Salad
Red Peppers
Plums
Fresh Fruit Cup

8 Beans & Rice 🌱 🍌
BBQ Chicken
Steamed Carrots
Homemade Deli Style
Coleslaw
Fresh Pear
Fresh Fruit Cup

9 Chicken Lo Mein 🍜
Steamed Broccoli
Mixed Vegetable Blend
Apple Slices
Fresh Fruit Cup

10 Nachos Grande 🌮
Confetti Black Bean Salad
Fiesta Corn
Fresh Grapes
Fresh Fruit Cup
**GROUND BEEF W/ WARM
CHEESE OVER NACHO
CHIPS**

13 **SCHOOL
CLOSED
TODAY**

14 Crispy Tacos
Seasoned Rice
Fiesta Corn
Confetti Black Bean Salad
Pineapple
Fresh Fruit Cup
GROUND BEEF

15 Herb Roasted Chicken
Whole Grain Biscuit
Steamed Italian Vegetables
Mashed Potatoes
Watermelon Slices
Fresh Fruit Cup

16 Apple Pancakes 🍏
Crispy Turkey Sausage Links
Crispy Potato Puffs
Carrot Sticks
Strawberries
Fresh Fruit Cup

17 Beef Hot Dog on Bun
Golden Baked Potato Wedges
Fresh Cucumber Salad
Fresh Peach
Fresh Fruit Cup
HONEYDEW

20 **SCHOOL
CLOSED
TODAY**

21 Homemade Pesto Pasta with Chicken 🍝
Squash Medley
Caesar Salad
Fresh Peaches
Fresh Fruit Cup

22 Beef Fajita Wrap 🌯
Brown Rice
Fajita Style Onions and Peppers
Sofrito Black Beans
Pineapple
Fresh Fruit Cup

23 Meatball Hero 🍝
Golden Baked Potato Wedges
Fresh Cucumber Salad
Fresh Peach
Fresh Fruit Cup
**CANTALOUPE
CHICKEN MEATBALLS**

24 Chicken Drumstick Doubles
Yellow Seasoned Rice
Roasted Butternut Squash
Sliced Oranges
Fresh Fruit Cup
Sauteed Spinach

27 Homemade Mac & Cheese 🥗 🍌
Steamed Broccoli
Cherry Tomatoes
Fresh Peaches
Fresh Fruit Cup

28 Crispy Tacos
Yellow Rice
Sweet Corn
Seasoned Black Beans
Fresh Fruit Cup
Pineapple
GROUND BEEF

29 Dutch Waffles
Chicken
Sweet Potato Fries
Baked Plantains
Maduros
Fresh Fruit Cup
Pineapple

30 Vegetable Fried Rice
Seared Dumplings 🍜
Carrot Dippers
Mixed Vegetable Blend
Fresh Fruit Cup

31 Homemade French Toast 🍞
Crispy Turkey Sausage Links
Crispy Potato Puffs
Carrot Sticks
Strawberries
Fresh Fruit Cup



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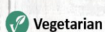
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Available Daily

Deli: Made to order Sandwiches, Paninis, & Quesadilla.

Grill: Chicken Patties, Spicy Chicken Patties & Burgers.

CARROT STICKS, CELERY STICKS & GARDEN SALAD



Vegetarian



Made With Natural Ingredients

**ANY QUESTIONS OR CONCERNS CONTACT THE FSD
MASSIAHJ@DFSD.ORG**

Pizza: Cheese, Pepperoni & Daily Special

Make to order Salads, Smoothie and Fruit Parfaits

PAID LUNCH: 1ST LUNCH FREE; SECOND LUNCH: \$2.75

ADULTS: \$5.44 PLUS TAX

**ALL MEALS ARE SERVED WITH A FRUIT, VEGETABLE, 1% MILK
OR FF CHOCOLATE MILK & 100% FRUIT JUICE**