

K-12 CORE BREAKFAST

September/October 2026

BREAKFAST

Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2
French Toast Sticks w/ Syrup Blueberry Muffin w/ String Cheese (v).	Chicken & Waffles Vanilla Yogurt w/ Graham Cracker (v). Apple Cinnamon Muffin w/ String Cheese (v).	Scrambled Eggs w/ Whole Grain Toast (v). Oatmeal Raisin Breakfast Round (v). Blueberry Muffin w/ String Cheese (v).	Egg & Cheese Sandwich on English Muffin (v). Apple Cinnamon Muffin w/ String Cheese (v).	Berry Patch Smoothie (v). Maple Snack'n Waffle (v). Blueberry Muffin w/ String Cheese (v).
Orange Wedges Blueberries	Fresh Apple Fresh Tangerine	Orange Wedges Pears	Grape Juice Fresh Apple	Applesauce Fresh Banana

Daily offerings include frosted mini wheats, cinnamon chex, blueberry chex, cheerios, and trix cereal with graham crackers. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. (v) denotes vegetarian choices (including milk and eggs) and (ve) denotes vegan choices. Locally Sourced items offered daily. This menu is subject to change and based upon product availability. Additional nutrition information available upon request.

USDA is an equal opportunity provider, employer, and lender.

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October 2026

BREAKFAST

Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Turkey Bacon & Egg Breakfast Pizza. Oatmeal Raisin Breakfast Round (v). Apple Cinnamon Muffin w/ String Cheese (v).	Oatmeal w/ Warm Berries (v). Whole Grain Biscuit w/ Grape Jelly (v). Banana Muffin w/ String Cheese (v).	Chicken Sausage & Pancake Wrap on a Stick. Blueberry Snack'n Waffles (v). Apple Cinnamon Muffin w/ String Cheese (v).	Potato, Egg, & Cheese Breakfast Bowl (v). w/ Salsa on side Bagel w/ Cream Cheese (v). Banana Muffin w/ String Cheese (v).	Parfait Bar Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v). Apple Cinnamon Muffin w/ String Cheese (v).
Pears Tangerines	Orange Slices Warm Berries	Apple Orange Wedges	Apple Juice Fresh Banana	Blueberries Strawberries
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
No School	No School	Orange Smoothie w/ Graham Cracker (v). Tropical Mango Breakfast Round (v). Banana Muffin w/ String Cheese (v).	Scrambled Eggs w/ Whole Grain Biscuit (v). Bagel w/ Cream Cheese (v). Blueberry Muffin w/ String Cheese (v).	Parfait Bar Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v). Banana Muffin w/ String Cheese (v).
		Grape Juice Whole Apples	Banana Cinnamon Swirl Apples	Tangerines Apple Slices

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Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Cinnamon Apple Oatmeal (v). Vanilla Yogurt w/ Graham Cracker (v). Blueberry Cinnamon Muffin w/ String Cheese (v).	Potato, Egg, & Cheese Breakfast Bowl w/ Salsa on side (v). English Muffin w/ Sunbutter (v). Apple Cinnamon Muffin w/ String Cheese (v).	Chicken & Waffles w/ Syrup. Strawberry Yogurt w/ Graham Cracker (v). Blueberry Muffin w/ String Cheese (v).	Egg & Cheese Sandwich on a Bagel (v). Whole Grain Bagel w/ Cream Cheese (v). Apple Cinnamon Muffin w/ String Cheese (v).	Cinnamon Roll Smoothie (v). Maple Snack'n Waffle (v). Blueberry Muffin w/ String Cheese (v).
Orange Wedges Cinnamon Swirled Apples	Pineapple Tangerine	Apples Grape Juice	Pear Banana	Blueberries Apples
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
<u>Parfait Bar</u> Vanilla or Strawberry Yogurt w/ Graham Crackers or Granola (v). Banana Muffin w/ String Cheese (v).	Cheesy Scrambled Eggs w/ Toast (v). Blueberry Snack'n Waffle (v). Apple Cinnamon Muffin w/ String Cheese (v).	Egg & Cheese Bagel Sandwich (v). Bagel w/ Cream Cheese (v). Banana Muffin w/ String Cheese (v).	Whole Grain French Toast Sticks w/ Syrup (v). Tropical Mango Oatmeal Round (v). Apple Cinnamon Muffin w/ String Cheese (v).	No School
Apples Grape Juice	Apples Tangerine	Apple Juice Orange Wedges	Pears Blueberries	

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