



# BREAKFAST

# OCTOBER 2025

# K12 BREAKFAST

BES, BMS, Rouse, SBE, FMS, Flo, MES, NWE, NWM, NSE, OES, HBS, Pel, Puckett, LC, McL High, Steen's, FES, RHS, RUES, RES, Pisgah

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Breakfast Stuffed Pocket  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

1

Chicken Biscuit  
Ham Biscuit  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

2

Sausage & Pancake  
on a Stick  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

3

6

7

8

9

10

# FALL BREAK

13

Sausage and Biscuit  
Smoked Sausage & Biscuit  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

14

Breakfast Pizza  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

15

Chicken Biscuit  
Ham Biscuit  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

16

French Toast Sticks  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

17

# FALL BREAK

20

Frudel  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

21

Sausage and Biscuit  
Smoked Sausage & Biscuit  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

22

Breakfast Stuffed Pocket  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

23

Chicken Biscuit  
Ham Biscuit  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

24

Sausage & Pancake  
on a Stick  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

27

Mini Cinnis  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

28

Sausage and Biscuit  
Smoked Sausage & Biscuit  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

29

Breakfast Pizza  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

30

Chicken Biscuit  
Ham Biscuit  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices

31

French Toast Sticks  
Cereal Bowl Variety 2 oz  
Donuts, Variety  
Toaster Pastry  
Yogurt Parfait  
Fresh Fruit Bowl  
Assorted Fruit Juices



Served Daily: Assorted Milks-Low fat, Chocolate, Strawberry, Vanilla Fat Free  
Assorted Fruit Juices-Apple, Orange, Pineapple Orange  
Condiments: Pancake Syrup, Assorted Jellies

"This institution is an equal opportunity provider."