

Monday	Tuesday	Wednesday	Thursday	Friday
 Did you know the Gala apple originated in New Zealand?! It is a good source of fiber and antioxidants which support gut health and help protect against chronic diseases. No wonder they say an apple a day keeps the doctor away!	 Gala Apple	1 Chicken Biscuit Yogurt Parfait Cereal– Lucky Charms, Cinnamon Toast Crunch, Trix Apple Mixed Berry Fruit Pop Sunrise Blend Juice	2 Pancake Sausage Stick Chocolate or Blueberry Muffin Cereal– Lucky Charms, Honey Nut Cheerios, Cocoa Puffs Orange Pineapple Cup Grape Juice	3 Cinnamon Roll Brown Sugar Cinnamon Oatmeal Cereal– Honey Nut Cheerios, Cinnamon Toast Crunch, Trix Blueberries Strawberry Craisins Fruit Punch Juice
6 French Toast w/ Sausage Link Yogurt & Graham Crackers Cereal– Lucky Charms, Cinnamon Toast Crunch, Trix Pineapple Tropical Fruit Cup Apple Cherry Juice	7 Pancake Sausage Bites Mini Strawberry Cream Cheese Bagels Cereal– Lucky Charms, Honey Nut Cheerios, Cocoa Puffs Banana Peach Applesauce Berry Blend Juice	8 Ham Egg & Cheese Croissant Yogurt Parfait Cereal– Lucky Charms, Cinnamon Toast Crunch, Trix Apple Mixed Berry Fruit Pop Sunrise Blend Juice	9 Sausage Biscuit Chocolate or Blueberry Muffin Cereal– Lucky Charms, Honey Nut Cheerios, Cocoa Puffs Orange Pineapple Cup Grape Juice	10 
13 	14 Eggo Mini Waffles w/ Sausage Link Mini Strawberry Cream Cheese Bagels Cereal– Lucky Charms, Honey Nut Cheerios, Cocoa Puffs Banana Peach Applesauce Berry Blend Juice	15 Chicken Biscuit Yogurt Parfait Cereal– Lucky Charms, Cinnamon Toast Crunch, Trix Apple Mixed Berry Fruit Pop Sunrise Blend Juice	16 Pancake Sausage Stick Chocolate or Blueberry Muffin Cereal– Lucky Charms, Honey Nut Cheerios, Cocoa Puffs Orange Pineapple Cup Grape Juice	17 Cinnamon Roll Brown Sugar Cinnamon Oatmeal Cereal– Honey Nut Cheerios, Cinnamon Toast Crunch, Trix Blueberries Strawberry Craisins Fruit Punch Juice
20 French Toast w/ Sausage Link Yogurt & Graham Crackers Cereal– Lucky Charms, Cinnamon Toast Crunch, Trix Pineapple Tropical Fruit Cup Apple Cherry Juice	21 Pancake Sausage Bites Mini Strawberry Cream Cheese Bagels Cereal– Lucky Charms, Honey Nut Cheerios, Cocoa Puffs Banana Peach Applesauce Berry Blend Juice	22 Ham Egg & Cheese Croissant Yogurt Parfait Cereal– Lucky Charms, Cinnamon Toast Crunch, Trix Apple Mixed Berry Fruit Pop Sunrise Blend Juice	23 Sausage Biscuit Chocolate or Blueberry Muffin Cereal– Lucky Charms, Honey Nut Cheerios, Cocoa Puffs Orange Pineapple Cup Grape Juice	24 Cinnamon Roll Brown Sugar Cinnamon Oatmeal Cereal– Honey Nut Cheerios, Cinnamon Toast Crunch, Trix Blueberries Strawberry Craisins Fruit Punch Juice
27 Sausage Egg & Cheese Croissant Yogurt & Graham Crackers Cereal– Lucky Charms, Cinnamon Toast Crunch, Trix Pineapple Tropical Fruit Cup Apple Cherry Juice	28 Eggo Mini Waffles w/ Sausage Link Mini Strawberry Cream Cheese Bagels Cereal– Lucky Charms, Honey Nut Cheerios, Cocoa Puffs Banana Peach Applesauce Berry Blend Juice	29 Chicken Biscuit Yogurt Parfait Cereal– Lucky Charms, Cinnamon Toast Crunch, Trix Apple Mixed Berry Fruit Pop Sunrise Blend Juice	30 Pancake Sausage Stick Chocolate or Blueberry Muffin Cereal– Lucky Charms, Honey Nut Cheerios, Cocoa Puffs Orange Pineapple Cup Grape Juice	31 

October 2025 Breakfast Brewer High



All meals are served with a choice of milk: Fat-free Chocolate, 1% White, or Lactose Free.

To view our monthly menus, meal prices, charge policy, nutrition and allergy information, and free/ reduced meal program guidelines go to www.wsisd.com
Download the app or visit www.schoolcafe.com

Please call the Child Nutrition office if you have any questions
817-367-1310

Items do not contain pork unless otherwise noted.

This institution is an equal opportunity provider. Menus are subject to change.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER