BREAKFAST

OCTOBER 2025

Northern Lehigh School District

Breakfast and Lunch are FREE of charge for the 2025-2026 School Year!

WG = Whole Grain

Monday	Tuesday	Wednesday	Thursday	Friday
		1 WG Donut Holes Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**2** WG Pancake Sausage Stick Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**3** WG Mixed Berry Scone Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk
6 Cereal Bar Graham Crackers Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**7** WG Cinnamon Roll Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**8** Yogurt Parfaits Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**9** French Toast Mini's Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**10** Cherry Frudel Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk
13 WG Muffin Graham Cracker Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**14** WG Bagel with Cream Cheese Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**15** WG Glazed Donut Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**16** Bacon, Egg, and Cheese Breakfast Pizza Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**17** WG Cinnamon Toast Crunch Snack Bar Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk
20 Benefit Bar Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**21** Cinnamon Pull- a -part Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**22** Fruit Smoothie Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**23** Waffle Mini's Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**24** Sausage, egg and cheese Breakfast Wrap Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk
27 WG Pop Tart Graham Crackers Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**28** Strawberry Cream Cheese Bagel Bites Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**29** CinnaTwin Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**30** Bosco Stick Assorted Fruit Fruit Juice Low Fat/ Fat Free Milk	**31** Grape Crescent Assorted Fruit Fruit juice Low Fat/ Fat Free Milk

Additional Breakfast meal offerings: Yogurt meal, and Cereal Meal offered daily at all schools