Stride Middle School Breakfast Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Be the reason someone smiles today!	**1** Apple Frudel, WG OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% White Milk or Chocolate Milk	**2** Breakfast Sandwich OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% White Milk or Chocolate Milk	**3** French Toast Mini-Loaf Cheese Stick OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% White Milk or Chocolate Milk	**4** Strawberry Banana Yogurt Goldfish Graham Cracker OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Orange Juice 1% White Milk or Chocolate Milk
7 **Happy Labor Day!** No School!	**8** Pancake on a Stick,WG OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% White Milk or Chocolate Milk	**9** Blueberry Muffin, WG Cheese Stick OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% White Milk or Chocolate Milk	**10** Mini-Cinnis, WG OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% White Milk or Chocolate Milk	**11** Banana Split Yogurt Parfait OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Orange Juice 1% White Milk or Chocolate Milk
14 Banana Mini-Loaf OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% White Milk or Chocolate Milk	**15** Brekkie, WG OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% White Milk or Chocolate Milk	**16** Chicken Breakfast Biscuit OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% White Milk or Chocolate Milk	**17** Cinnamon Roll, WG OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% White Milk or Chocolate Milk	**18** Peach Yogurt Cup Goldfish Graham Crackers OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Orange Juice 1% White Milk or Chocolate Milk
21 Strawberry Cream Cheese Filled Bagel OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% White Milk or Chocolate Milk	**22** Egg & Cheese on a Biscuit OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% White Milk or Chocolate Milk	**23** Plain Bagel, WG Hard Boiled Egg OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% White Milk or Chocolate Milk	**24** Blueberry Muffin, WG Cheese Stick OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% White Milk or Chocolate Milk	**25** French Toast Sticks, WG OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Orange Juice 1% White Milk or Chocolate Milk
28 Maple Madness Mini Waffle, WG OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% White Milk or Chocolate Milk	**29** Chocolate Frosted Long John OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Apple Juice 1% White Milk or Chocolate Milk	**30** Breakfast Bake OR Choice of Cereal Fun with D&J Crackers Fruit Selection 100% Grape Juice 1% White Milk or Chocolate Milk	**1**	

PRICES

EXTRA INFO

Special Diet forms are available for students with special dietary needs!

HARVEST OF THE MONTH

Menus and nutrition our app Taher Food4Life®

www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.