



BREAKFAST

OCTOBER 2026

Northern Lehigh School District



Monday

Tuesday

Wednesday

Thursday

Friday

Benefit Bar
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

5

Cinnamon Roll Pull-a-part
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

6

Yogurt Parfaits
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

7

Breakfast Pizza (WG)
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

1

Cinnamon Toast Crunch
Snack Bar
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

2

Egg and Cheese
Breakfast Wraps
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

8

Waffle Mini's (WG)
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

9

Planned Virtual Instruction Day

12

Strawberry Cream Cheese
Bagel Bites
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

13

Cinnatwin
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

14

Bosco Stick
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

15

Grape or Chocolate
Crescent
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

16

Cereal Bar
Graham Crackers
Fruit juice
Assorted Fruit
Low Fat/ Fat Free Milk

19

Cinnamon Roll (WG)
Fruit Juice
Assorted Fruit
Low Fat/Fat Free Milk

20

Smoothies
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

21

French Toast Minis (WG)
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

22

Apple or Cherry Frudel
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

23

Muffins (WG)
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

26

Bagel with Cream Cheese
Fruit Juice
Assorted Fruit
Low Fat/Fat Free Milk

27

Glazed Donut (WG)
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

28

Breakfast Pizza (WG)
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

29

Cinnamon Toast Crunch
Snack Bar
Fruit Juice
Assorted Fruit
Low Fat/ Fat Free Milk

30

Yogurt and Cereal available daily as alternative options for breakfast.
WG= Whole Grain