## SOUTH PARK MIDDLE SCHOOL BREAKFAST MENU

# October 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **28**<br>Pancakes and Sausage<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **29**<br>Breakfast Pizza<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **30**<br>Egg/Sausage/Cheese Flatbread<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **1**<br>Dutch Waffle<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **2**<br>Apple Strudel<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk |
| **5**<br>Mini Cinni Rolls<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **6**<br>Breakfast Pizza<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **7**<br>Yogurt Parfait<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **8**<br>French Toast<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk<br>st Sticks | **9**<br>WG Donut<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk |
| **12**<br>NO SCHOOL | **13**<br>Breakfast Pizza<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **14**<br>Egg & Cheese Croissant<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **15**<br>Steak and Egg Sandwich<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **16**<br>Mini Blueberry Donut Holes<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk |
| **19**<br>Glazed Dunkin Stick<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk<br>s | **20**<br>Breakfast Pizza<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **21**<br>Sausage Egg & Cheese Sandwich<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **22**<br>French Toast Sticks<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **23**<br>Apple Strudel<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk |
| **26**<br>Waffles & Sausage<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **27**<br>Breakfast Pizza<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **28**<br>Egg, Sausage & Cheese Flatbread<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **29**<br>Dutch Waffle<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk | **30**<br>WG Donut<br>Assorted Cereals<br>Apple Juice<br>Assorted Fresh or Canned Fruit<br>Choice of Milk |

### MAKE IT A MEAL!

Choose at least 3 of 4 meal components for the school breakfast price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a breakfast.

### Breakfast Prices

| | |
|---|---|
| Student | $0.00 |
| Adult | $3.04 |

### Available Daily

Assorted Cereals
Assorted Benefit Bars
Assorted Pop Tarts

### Fruit Selection

Apple, Orange, Banana, Canned Applesauce, Pears, Peaches

Students may choose two ½ cup servings.

### Milk Selection

1% White Milk, Chocolate, Vanilla, Strawberry

### Your Dining Services Team

Donna Nassan
General Manager
412.655.3111 ext. 2030
donna.nassan@sparksd.org

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES