



October 5 – 9, 2026

October 2026 High School Breakfast

Breakfast is FREE for all students!

Milk only: \$0.50

Staff Breakfast: \$3.25

2 DAILY BREAKFAST CHOICES
Hot Line or Grab & Go Line



This institution is an equal opportunity provider. Menu subject to change based on product availability.

Questions? Contact Food Services at
(860) 449-7208



Monday	Tuesday	Wednesday	Thursday	Friday
Students are offered at least three breakfast components: milk, fruit, and a whole grain. Students must select at least three items, and one of those items must be a fruit, to make a complete breakfast.		CT Grown for CT Kids Week October 5–9 Celebrating CT farmers and the fresh ingredients in our school cafeterias!	10/1 Warm Muffin Assorted Fruit, Milk	10/2 Warm Breakfast Sandwich Assorted Fruit, Milk
10/5 Bagel w/ Cream Cheese Assorted Fruit, Milk	10/6 - Early Dismissal Warm Breakfast Sandwich Assorted Fruit, Milk	10/7 Warm Cinnamon Roll Local Whittle's Apples (Mystic, CT) Assorted Fruit, Milk	10/8 Warm Muffin Assorted Fruit, Milk	10/9 Warm Breakfast Sandwich Assorted Fruit, Milk
10/12 No School!	10/13 Warm Breakfast Sandwich Assorted Fruit, Milk	10/14 Warm Cinnamon Roll Assorted Fruit, Milk	10/15 Warm Muffin Assorted Fruit, Milk	10/16 Warm Breakfast Sandwich Assorted Fruit, Milk
10/19 French Toast Sticks Sausage Assorted Fruit, Milk	10/20 Warm Breakfast Sandwich Assorted Fruit, Milk	10/21 Warm Cinnamon Roll Assorted Fruit, Milk	10/22 Warm Muffin Assorted Fruit, Milk	10/23 Warm Breakfast Sandwich Assorted Fruit, Milk
10/26 Pancakes Sausage Assorted Fruit, Milk	10/27 Warm Breakfast Sandwich Assorted Fruit, Milk	10/28 - Early Dismissal Warm Cinnamon Roll Assorted Fruit, Milk	10/29 - Early Dismissal Warm Muffin Assorted Fruit, Milk	10/30 - Early Dismissal Warm Breakfast Sandwich Assorted Fruit, Milk