

OCTOBER 2026

GHS BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

5
Egg & Cheese(D) (E)
Pancake(V), Seasonal fresh
& Diced Fruit (VE)

6
Egg & Cheese(D)(E)
Pancake(V), Seasonal fresh
& Diced Fruit
English Muffin Egg, Cheese
& Canadian (D(E)
Bacon

7
Egg & Cheese(D)
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

1
Egg & Cheese(D)(E)
French Toast(V), Seasonal
fresh & Diced Fruit
English Muffin Egg, Cheese
& Canadian (D(E)
Bacon

2
Egg & Cheese(D) (E)
Pancake(V), Seasonal fresh
& Diced Fruit (VE)

8
Egg & Cheese(D)(E)
French Toast(V), Seasonal
fresh & Diced Fruit
English Muffin Egg, Cheese
& Canadian (D(E)
Bacon

9
Egg & Cheese(D) (E)
Pancake(V), Seasonal fresh
& Diced Fruit (VE)

12
Egg & Cheese(D) (E)
Pancake(V), Seasonal fresh
& Diced Fruit (VE)

13
Egg & Cheese(D)(E)
Pancake(V), Seasonal fresh
& Diced Fruit
English Muffin Egg, Cheese
& Canadian (D(E)
Bacon

14
Egg & Cheese(D)
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

15
Egg & Cheese(D)(E)
French Toast(V), Seasonal
fresh & Diced Fruit
English Muffin Egg, Cheese
& Canadian (D(E)
Bacon

16
Egg & Cheese(D) (E)
Pancake(V), Seasonal fresh
& Diced Fruit (VE)

19
Egg & Cheese(D) (E)
Pancake(V), Seasonal fresh
& Diced Fruit (VE)

20
Egg & Cheese(D)(E)
Pancake(V), Seasonal fresh
& Diced Fruit
English Muffin Egg, Cheese
& Canadian (D(E)
Bacon

21
Egg & Cheese(D)
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

22
Egg & Cheese(D)(E)
French Toast(V), Seasonal
fresh & Diced Fruit
English Muffin Egg, Cheese
& Canadian (D(E)
Bacon

23
Egg & Cheese(D) (E)
Pancake(V), Seasonal fresh
& Diced Fruit (VE)

26
Egg & Cheese(D) (E)
Pancake(V), Seasonal fresh
& Diced Fruit (VE)

27
Egg & Cheese(D)(E)
Pancake(V), Seasonal fresh
& Diced Fruit
English Muffin Egg, Cheese
& Canadian (D(E)
Bacon

28
Egg & Cheese(D)
Pancake(V), Seasonal fresh
& Diced Fruit(VE)

29
Egg & Cheese(D)(E)
French Toast(V), Seasonal
fresh & Diced Fruit
English Muffin Egg, Cheese
& Canadian (D(E)
Bacon

30
Egg & Cheese(D) (E)
Pancake(V), Seasonal fresh
& Diced Fruit (VE)