

FPS October Menu Breakfast 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pancakes Sausage Links Apple Milk	2 Assorted Cereal Bar Cheesestick Banana Milk
5	6 Scrambled Eggs Hashbrowns Apple Milk	7 French Toast Bacon Oranges Milk	8 Cinnamon Roll (Pork) Sausage link Apple Milk	9 NO SCHOOL
12 NO SCHOOL	13 Ham & Cheese Crossiants Strawberry Milk	14 Pancake on a stick Oranges Milk	15 Cheesy Omelet Hashbrown Mangos Milk	16 Yogurt Parfait Stawberries Milk
19 Breakfast Quesadilla Banana Milk	20 Cereal Bar Cheesetick Apple Milk	21 Chicken Biscuit Apple Milk	22 Pancake & Sausage Pear Milk	23 Waffles & Bacon Banana Milk
26 Apple Cinnamon oatmeal Blueberries Milk	27 Breakfast Bowl Pear Milk	28 French Toast Sticks Banana Milk	29 Breakfast Taco Blueberries Milk	30 Mini Strawberry Cream Cheese Filled Bagels Applesauce Milk

All students eat free
A Free Breakfast is:
 What is required for a breakfast to be considered reimbursable?
 Schools must offer at least four food items from the three required food components (fruit, grain, and fluid milk*)
 A food component is one of three required food groups in a reimbursable breakfast.
 *3 items minimum make a meal
 * 1 of 3 MUST be a fruit, vegetable, or juice to make a meal.

Daily Choices
 Cold Cereal
 Graham Crackers
 Fresh Apple, Orange
 Baby Carrots
 100% Fruit Juice Varieties
 Dried Raisins/Craisins/Cherries
 Choice of Milk

Adult Breakfast \$3.75

Menu subject to change & seasonal availability. Questions? Call Chef Zeke Potter, Food Service Director, 269-722-3363