

October 2026 Fuel UP Breakfast Menu



All Breakfast items are whole grain.
Offered Daily: 1 % & skim milk, and fresh fruit
Breakfast is free for all students.

Offered Daily: (MS/HS): Assorted Cereal
Bowls, Assorted Muffins, Breakfast
Rounds, Benefit Bars, and Bagels with
Cream Cheese

*Menu subject to change



monday

tuesday

wednesday

thursday

friday

28 Pancake on a Stick Cinnamon Raisin Bagel Breakfast Smoothie	29 Sausage, Egg, and Cheese Croissant Banana and Chocolate Nature Valley Round Breakfast Cooler	30 Cheesy Scrambled Eggs, Rosemary Potato with Biscuit All Day Energy Platter Breakfast Smoothie	1 Bacon, Egg, and Cheese Croissant Breakfast Bread Breakfast Cooler	2 Boot Mill Sandwich Mix Berry Yogurt Parfait Breakfast Smoothie
5 Breakfast Pizza Mini Cinnamon Rolls Breakfast Smoothie	6 French Toast with Sausage and Syrup Banana Chocolate Nature Valley Round Breakfast Cooler	7 Scrambled Eggs, Rosemary Potato, Cheese Toast Oatmeal Choc Betty Crocker Bar Breakfast Smoothie	8 Bacon, Egg, and Cheese Wake-Up Wrap Breakfast Bread Breakfast Cooler	9 Mac Griddle Breakfast Sandwich Mix Berry Yogurt Parfait Breakfast Smoothie
12 Indigenous People's Days	13 Sausage, Egg, and Cheese Croissant Sandwich Strawberry Pancake Puff Breakfast Cooler	14 Scrambled Eggs, Rosemary Potato, Cheese Toast Bacon Glazed Donut Breakfast Smoothie	15 Sausage, Egg, and Cheese Wake-Up Wrap Breakfast Bread Breakfast Cooler	16 Mac Griddle Breakfast Sandwich Warm Cinnamon Bun Breakfast Smoothie
19 Breakfast Pizza Cherry Frudel Breakfast Smoothie	22 French Toast and Sausage with Syrup Banana and Chocolate Nature Valley Round Breakfast Cooler	23 Scrambled Eggs with Hashbrown Patty and Biscuit All Day Energy Platter Breakfast Smoothie	24 Bacon, Egg, and Cheese Wake-Up Wrap Breakfast Bread Breakfast Cooler	25 Boot Mill Sandwich Bacon Glazed Donut Breakfast Smoothie
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