



October Breakfast

SECONDARY 2026

mps.schools.org/menus

SELECTION OF FRUIT & MILK OFFERED DAILY

Know Your Food  Farm to School

			1 Apple Cinnamon Breakfast Bread OR Yogurt & Grahams OR Cereal	2 Sunrise Fiesta Bowl with Jalapeño Cheddar Biscuit OR Cereal
5 Egg & Cheese / Sausage & Cheese Croissant OR Cereal	6 Gallo Pinto with Eggs OR Yogurt & Grahams OR Cereal	7 Cheesy Eggs & Cinnamon Roll OR Cereal	8  Carrot Breakfast Bread OR Yogurt & Grahams OR Cereal	9  Turkey Chorizo Breakfast Burrito OR Cereal
12 Egg & Cheese / Sausage & Cheese Pancake Stacker OR Cereal	13 French Toast Sticks & Turkey Sausages OR Yogurt & Grahams OR Cereal	14 Egg & Cheese Tamale OR Cereal	15 Apple Cinnamon Breakfast Bread OR Yogurt & Grahams OR Cereal	16 Sunrise Fiesta Bowl with Jalapeño Cheddar Biscuit OR Cereal
19 Egg & Cheese / Sausage & Cheese Croissant OR Cereal	20 Gallo Pinto with Eggs OR Yogurt & Grahams OR Cereal	21 Cheesy Eggs & Cinnamon Roll OR Cereal	22  Carrot Breakfast Bread OR Yogurt & Grahams OR Cereal	23  Turkey Chorizo Breakfast Burrito OR Cereal
26 Egg & Cheese / Sausage & Cheese Pancake Stacker OR Cereal	27 French Toast Sticks & Turkey Sausages OR Yogurt & Grahams OR Cereal	28 Egg & Cheese Tamale OR Cereal	29 Apple Cinnamon Bread OR Yogurt & Grahams OR Cereal	30 Sunrise Fiesta Bowl with Jalapeño Cheddar Biscuit OR Cereal

For nutrition facts and allergens, visit schoolcafe.com/
MinneapolisPublicSchools. Menu subject to change.
This institution is an equal opportunity provider.

